

WEATHER FORECAST:

Tomorrow:
Fair.

THE EVENING NEWS.

TEMPERATURE TODAY:

At 3 p. m., 82 degrees.

DEVOTED TO MAKING ADA A LARGER AND MORE PROGRESSIVE CITY

VOLUME 3

ADA, INDIAN TERRITORY, FRIDAY EVENING, JULY 20, 1906

NUMBER 102

ROFF ENTERTAINS OLD SOLDIERS MOST ROYALLY

Staff Special to the Evening News.

Roff, I. T., July 20.—These are gala hours in the city of Roff. The big three-days reunion of Confederate Veterans began yesterday most auspiciously and it promises to grow bigger continuously until the end Saturday.

Roff is giving a beautiful object lesson in the art of entertaining. Her preparations were on a big scale, were thorough and consummately tactful. Every citizen of the town is a busy, resourceful, smiling, gracious host. Long tables fairly groan under the burden of toothsome viands, the table service is excellent, and no accommodation is lacking for the comfort and pleasure of the people.

The elaborate arrangements are fully justified by the immense attendance from various parts of the Chickasaw nation, and even beyond.

The principal speaker on yesterday's program was Hon. D. H. Linebaugh, of Atoka. His was a magnificent effort which delighted the big audience. Though it is an open secret among his friends that Mr. Linebaugh will make the race for the democratic nomination for congress, in the utmost good taste he refrained, in his speech, from any reference whatever to partisan politics or to his candidacy. However the fact of his candidacy afterwards leaked out and the complimentary remarks copiously made by his hearers would have tended to turn any man's head not so well balanced as Linebaugh's. The young Atoka attorney was quite the toast of the day.

Dr. Fife, a brilliant evangelist of Kansas City, delivered a fine address in the afternoon and was heard with full appreciation.

A superb band is one of Roff's most valuable assets. On this occasion naturally the band boys shine resplendent. They are a splendid bunch of fellows and render splendid music. When not entertaining with their instruments they entertain otherwise, whether it be making love to the ladies or serving Veterans and others at table or tank.

The Ladies of Honor representing the Veterans and Sons of Veterans make an attractive group and are filling their respective positions charmingly. Those appointed for the Veterans by Gen. Whit Hayden are Miss Dovie Faris, East Chickasaw nation, with sweet little Miss Hyden as Maid of Honor; the Sponsors and Maids of Honor for the Sons are, Misses Ethel Richardson, Nova Harbert and Irene McPherson.

The election of Brigade Commander occurs Saturday. Their respective friends are boosting for this honor Captain Vaden, of Roff; Captain Hargis, of Ada, and Captain Whit Hayden, the present commander.

Ousted Negro Delegates.

Chickasha, I. T., July 20. The Republican convention of the Nineteenth Recording District was held here yesterday, an executive committee was chosen and a platform adopted. The most significant feature was the refusal to recognize the negro delegates.

After a hard fight the negroes left the hall, and it was declared that the policy would be to make the Republican party in this district a white man's party.

THE REVIVAL.

Bro. Oliver Delivers a Strong Sermon on Prayer—Asking in Faith.

On account of the mass meeting at the court house and the threatening rain clouds the crowd at the tabernacle last evening was much smaller than usual. But the sermon was none the less better because of the small attendance.

Mr. Oliver's text was found in Mark, 11:24—"What thing soever ye desire when ye pray, believe that ye receive them and ye shall have them." He began by telling how and why the will of God is the foundation stone upon which all true prayer rests. "His will should be the guiding rule of every christian life. There should be no obstacle in the way of the desires of a true child of God. Praying for unsaved men is the will of God."

Mr. Oliver said that in prayer the desire means everything. A petition to God, with many people, is drudgery. He said many people were like the man who had his prayer written out and tacked to the wall and every night just before retiring he would point to the petition and say, "Lord, them is my sentiments."

Mr. Oliver continued by showing how many prayers may be blasphemy. "If the heart is not right God will not hear. There must be a longing desire, a burden, an earnestness, or our prayers avail nothing."

Here the evangelist gave several real and practical illustrations to demonstrate how earnestness, and faith meant all in a petition to God.

"God will give victory and save the un-Godly when the christians are in earnest about their salvation. The children of God must show a concern, a burning interest for their lost relatives and neighbors before God will honor their prayer for their salvation."

"No wonder Ada is without a revival. There are too many dry eyes!" He made an impassioned appeal to the christians to go to God in prayer. "He will answer prayer. Storm heaven for the unsaved and God will give the answer."

Here Bro. Oliver asked the fathers if they were interested in their sons. And the mothers, were they anxious about their daughters. "The family name will not save your boy. God alone can save him," was the emphatic warning given to the fathers and mothers present. He asked the mothers where their daughters were tonight, and urged that parents should be consistent in the home. That fathers and mothers must show concern about their children before they can see them saved.

Bro. Oliver is a man of prayer. It tells on him in his every utterance. "Faith gives the assurance that prayer is heard. Experience proves that God does hear and answer prayer."

We guarantee our Cupid flour. No. 17. Walsh. 95-tf

They play ball! Last season's record of the Boston Bloomer Girls: Games played 173; won 96; lost 67; tie games 10; Longest game was a 15 inning contest at Dennison, Iowa, in which neither side scored. -lt

16TH DISTRICT ARRANGES TO TAKE ITS OWN CENSUS

The U. S. court room Thursday night was filled almost to suffocation with sweltering citizens of the 16th Recording District eager to hear Judge W. H. H. Clayton and to assist him in the task of districting this section for the constitutional convention.

The attendance was large despite the confusion of dates for the meeting. The judge had originally called it for Thursday morning. Not being able to reach here on time, he wired to Ada postponing the date till Friday morning; however he arrived last afternoon and the gathering was hurriedly called for night. These changes resulted in many out-of-town people not being present, though many were anxious to attend. The assemblage, however, was made right representative by the presence of a number of Republicans from various precincts who were holding the district convention of the party.

The gathering was called to order by Mayor Wood, who briefly stated its purpose. The mayor was nominated for chairman and elected by acclamation, as was A. H. Constant for secretary.

Judge Clayton was then introduced to the audience and he, in an address of some length, proceeded to explain the object of his coming. First, however, he made some general observations regarding the political situation in the Territory. He exhorted the men of the two great parties, while they engage in a mighty, manly contest for supremacy in the new state, not to let partisan bitterness be engendered, but to permit the utmost friendly feeling to prevail, whatever be the outcome. The county seat contests are giving the districting board the greatest trouble. "Every hamlet with a handful of inhabitants," said the judge, "wants a county seat, and so insistent is the ambition of all the towns in this regard that they are bitterly hating and fighting one another." He would have it understood that the board has nothing whatever to do with the locating of county seats, it being a matter entirely for the constitutional convention. He pointed out the grave danger of dividing the territory into small counties with small taxable wealth, thereby necessitating an enormous rate of taxation to support the county governments. Let the counties be large, he urged, and taxes moderate; by all means let the farmers frown down these petty county seat feuds.

In conclusion Judge Clayton explained what he wanted our citizens to do. He wanted them to appoint a central committee of six or eight, half of them Republicans and half Democrats, who should select from each of our twenty-six townships a reliable person to take a hurried census of his township and return same to the central committee, who in turn would certify the total district population to the Districting Board.

A motion prevailed that the chair appoint the committee. It appeared that the other towns of the District were not fully represented, so finally a motion was made and carried to adjourn until 11:00 o'clock Friday when citizens from other points would be present.

Chairman Woods called the meeting to order at 11:00 a. m., and proceeded

Remember!

Fellow Citizens:—Indian Territory is entering a new epoch; the dawn of home government approaches. From now on momentous things will continually be taking place in the new state, in every county and recording district. To do your duty as a citizen you must keep informed on these happenings. The Ada Weekly News makes a specialty of new state news; and as for the occurrences of the 16th Recording District, such as the News' facilities that no other paper can possibly compete with it in that field. Take the News for a \$1.00

to name a committee of six whose duty it would be to select twenty-eight census enumerators for the 16th Recording District. Those appointed were: Democrats—Geo. Harrison, Ada; Nick Heard, Stonewall; W. H. Ellison, Maxwell. Republicans—Ed Brents, Ada; Jno. A. Clark, Roff; Jno. I. McCool, Roff.

The above committee are at work this afternoon selecting the several census enumerators, which will be published Saturday.

On motion of Tom D. McKeown and second by C. Weaver, the committee of six were empowered to provide funds for the purpose of defraying the expenses of taking the census.

THE BOSTON BLOOMERS.

Ladies' Champion Base Ball Club of the World.

One of the most exciting and interesting games of the season will take place in this city on Tuesday, July 24. The opponents of the local team will be the famous and original Boston Bloomer Girls. This team was first organized in 1893 by Mr. W. P. Needham, the manager, and judging from the flattering press notices being showered upon them, our boys will have to play ball in order to secure a victory. The ladies have their own palace car and have traveled extensively, having played in all the large cities of U. S., and Canada. The club has been strengthened from year to year and their line-up this season is the equal of anything in the amateur or semi-professional base ball line. Don't fail to see them. Admission 50 cents. Grand stand, extra. -lt

J. W. Beard Endorsed.

The Republican convention of the 16th Recording District is session Thursday endorsed Jno. W. Beard of Ada, as election commissioner for this district. Mr. Beard is one of the very best Republicans in the Ada country and if he gets the place the people may count on a square deal.

Are You Irish?

I have a patch 200x140 feet underlaid with a mine of fine Irish potatoes. In this patch there are several fruit trees and around it a few rank weeds. To anyone who will cut the weeds and clear the ground and trees in good condition, I will give the potatoes. Call today prepared to do the work this week. Otis R. Weaver.



WE ARE NOW

Turning out the finest ice cream in this section of country. It is a home product, even the ice that freezes it. When these conditions are facts why not use home manufactured cream?

CRYSTAL ICE CREAM COMPANY



A WOMAN'S DELIGHT

is always expressed if she is pleased. Let her visit our drug store and see the elegant line of PERFUMES, TOILET SOAPS AND WATER

we carry, and she will be more than delighted.

We also carry a line of fine candies in boxes.

G. M. RAMSEY, Druggist.
(Successor to Clark Drug Co.)

A Timely Suggestion

To Property Owners and Mortgagees:

Tornadoes and wind-storms have destroyed millions of dollars worth of property. In a few moments the savings of a lifetime disappear. Your property, or that held in trust by you, may at any time be similarly damaged or destroyed.

How would you be affected by such a loss? Are you insured?

A liberal form of contract protecting you in such an emergency can be had at low rates of premium from

OTIS B. WEAVER,
FIRE INSURANCE AGENT.

PAUL W. ALLEN,

Livery, Feed and Sale Stable.

Horse Boarded by Day or Week.
Satisfaction Guaranteed. Best of Service.

Allen Livery Barn

South Townsend Ave., Phone 64.

Patronize Home Industry

By Buying Ice From

Ada Ice and Fuel Co.

Keep Your Money at Home.

We Handle the Best Grades of Coal.

Phone 249.

Office at Ice Plant.

OVERDRAFTS

It is becoming well known by business men that overdrafts, whether large or small, are not approved by the comptroller of the currency. The large central banks allow overdrafts only in a very small way, and this, it matters not how small, is not approved by the powers that be. This unbusinesslike habit of overdrafts grew out of advancing on moving products, such as cotton, grain and fat stock on the move. The overdraft system is wrong and the man whose account is always overdrawn is the man who spends more money than he makes and will finally have no bank account.

Ada National Bank.

Capital and Surplus, \$63,500.

Ada, Ind. Ter

WHITE SWAN COCOANUT

Is prepared by an entirely new and improved process, contains no adulteration, foreign ingredients or bleach. This process retains all the rich, oily, juicy flavor of the full ripe coconut. One package will make you a lover of Cocoonut and open to you a whole world

of new and dainty desserts. White Swan Brand is a guarantee of goodness and purity. If your grocer does not keep the White Swan Brand, send us his name.

THE WAPLES-PLATTER GROCER COMPANY
DENISON, FORT WORTH, DALLAS



SLEDGE & TOLBERT LUMBER YARD IN ADA

Ada Evening News

OTIS B. WEAVER, PUBLISHER
M. D. STEINER, BUSINESS MGR.

Entered as second-class mail matter March 26, 1904, at the post office at Ada, Indian Territory under the Act of Congress March 3, 1879.

Advertising rates on application

PRECOCIOUS SENILITY.

Valuable Lives Snuffed Out in Youth and Middle Age by Disease of Age.

Precocious senility, when marked and rapid, is so rare as to be mere academic interest, a pathologic curiosity, such as the recorded instance of children of six years dying with arteriosclerosis and other signs of extreme age, says American Medicine. Even the very uncommon, but a much larger number of milder cases have so long been noted as to have given rise to the axiom that a man is as old as his arteries. These cases deserve more thought than is given to them, not so much to discover cures as to prevent decay, and save to society so many valuable lives which are now snuffed out in the middle age by diseases of the senile. There has been much wild speculation on the subject, chiefly in lay journals, and due, no doubt, to some more or less sensational investigations of Metchnikoff on the causes of normal senility and the possibility of prolonging human life beyond the century mark. Yet it is a serious problem and we should know what is the stimulus which makes one organism go through all its life changes in 50 years, while another under apparently identical conditions lasts 30 years longer.

COLD IS A MINOR FACTOR

In Pneumonia the Huddling Together of People Is More Important

Augustus Wadsworth declares that experience has shown cold to be a minor predisposing factor in the development of pneumonia. The huddling together of people in close quarters is of far more importance, says Medical Record.

The treatment of pneumonia in its present stage may be said to be either very easy or impossible. A careful prophylaxis against disturbances of the digestive tract is of the greatest importance. Many ways of attaining the same results present themselves and the choice in great measure rests with personal experience. The hope of definite results lies in the production of an efficient and specific antiserum.

It is known that poisonous substances are elaborated by the pneumococcus, but so far the production of an antitoxin corresponding to that used in diphtheria has not been obtained. Pneumonia, however, is the bacteremic disease and as yet in none of this type have satisfactory results been secured in relation to antisera. The hope of success nevertheless is gradually growing brighter.

Compensation.

"I am sorry," said the doctor, "but your little girl will not be able to speak for several days!" "Then it will be safe," said the anxious mother, "for me to invite the minister to tea, won't it?"—Sketch.

Changed Her Mind.

Stella—I thought you said you would never marry a man with red hair.

May—I thought I wouldn't at the time, but he afterward proposed.—Detroit Free Press.

Doctors Endorse It

Long Bros., Druggists, Paducah, Ky., write: "We sell more of Dr. Mendenhall's Chill and Fever Cure than all other remedies combined, having retailed over 700 bottles in one season. Physicians here prescribe it and persons who once use it will have no other. Sold by G. M. Ramsey Drug Co.

Accept no Substitute.

There is nothing just as good for Malaria, Chills and Fever as Dr. Mendenhall's Chill and Fever cure. Take it as general tonic and at all times in place of quinine. If it fails to give satisfaction G. M. Ramsey drug Co. will refund your money.

MOTT'S PENNYROYAL PILLS

Safe and reliable, they overcome weak, nervous, increase vigor, banish pain. No remedy equals MOTT'S PENNYROYAL PILLS. Sold by Druggists and Dr. J. C. Mott, Chemical Co., Cleveland, O.

FRISCO SYSTEM TIME CARD.

Ada, Ind. Ter.

EAST BOUND TRAINS.

No. 510 Meteor, 4:48 p. m.
No. 512 Eastern Exp., 9:45 a. m.
No. 542 Local Freight, 3:45 p. m.

WEST BOUND TRAINS.

No. 509 Meteor, 8:58 a. m.
No. 511 Texas Pass, 7:15 p. m.
No. 541 Local Freight, 7:45 a. m.

Local freight trains carry passengers provided with permits. Ten per cent saved on the purchase of round trip tickets.

L. McNair, Agent.

GERMAN GIRLS' SCHOOLING

No Colleges for Them in Their Own Country, But They Have a "Pension."

The German girl leaves school at about 15 years of age, by which time she has learned to sew, mend, and supposedly to speak English and French.

She has not learned higher mathematics, says Modern Women, but she has learned the small things which fit a girl for a housewife or companion, and that, in Germany, is woman's only sphere.

However much we American girls may enjoy our colleges we dare not pity the German girls, for they have something which takes their place and of which we can have no conception until we reside in Germany a few months.

Did you ever hear of a pension? It is one of the most enjoyable things which exists. Certain influential ladies, mostly widows or maiden aunts, make known that they are willing to take a limited number of young ladies into their family.

We went to Hanover, two of us girls, with a horror and dread of a boarding school, as we heard a pension described. We found ourselves in a family of eight girls, all from the very best class of Germans, and all placed under Frau von H—'s care for a year or more.

None of the girls had any special object in life; a few wanted to learn how to keep house, a few indulged in an hour's music lesson per week, but most of them came, as is the German custom, for the sake of becoming polished, and being escorted to concerts, theaters, balls, receptions, student knepes, etc., opportunities not afforded in smaller cities, and even not in many cities that are larger than Hanover.

Consequently our chaperon accepted invitations for her girls, parties were given and the great intimate family spent a year full of pleasure.

HORSE AND HORSELESS.

The Animal and the Auto Each Do the Other an Occasional Good Turn.

A farmer in Cadiz, Ind., recently jacked up his automobile to serve in lieu of a broken engine in the shelling of corn and cutting of fodder for his live stock and horses. The latter partook of their share of the feed without showing any hard feeling toward their deadly rival, the auto.

One man who has been touring the country says that the horses have accepted the automobile more gracefully than the farmers have.

He tells the story of an automobilist who met an elderly couple driving a skittish horse which decidedly objected to passing the unknown vehicle. The driver of the car stopped to offer his aid, but the man declined it with the remark:

"If you'll lead my old woman by, I guess the horse and I can make it all right."

Another horse and horseless yarn comes from a man in Oregon. He says:

"When I bought my car, I marveled that the company could sell it for \$1,560. Now I marvel that they could sell it at any price. Marveling is the cheapest part of the proposition, I find."

"My particular marvel out in my barn reminds me of the man who built so much stone fence in one day that it took him two days to walk back to where he began. My car will take me—sometimes—so far from home in two hours that it takes the rest of the day for me to drive home with a providentially hired horse."

FACTS ABOUT SAFETY PIN.

Obliging Clerk Imparts Interesting Information Concerning the Article.

"One dozen safety pins. Twelve cents. Thank you, madam," said the clerk. "Your change will be here in one moment."

She was very pretty. He was young. A conversation sprang up.

"There is a strange story connected with the safety pin," the clerk said. "An Englishman invented this pin some 30 or 40 years ago. For this admirable invention he was highly honored. Poles and applause were showered upon him. If I am not mistaken, the man was even knighted."

"And about three years ago, in excavating in Pompeii, they came upon—what do you think? A perfect safety pin. Hundreds of perfect bronze safety pins. The Englishman's invention wasn't new at all. It was 2,000 years old."

"The man had been feted and honored all his life, he had even been knighted, for an invention that he didn't invent."

MIKADO'S SELF DENIAL.

Refused Heat in Palace While His Soldiers Were Freezing in the Field.

In the bitter cold of last winter—1904-1905—the mikado not content with the fullest official reports, sent his grand master to look into the conditions at the front, to ascertain by visiting every camp and outpost, how the soldiers were faring. When Count Hijikata returned with his harrowing tale of frightful suffering caused by the cold, the emperor was broken-hearted, says World's Work. Nothing more could be done—the Manchurian winter must drag its icy season through—but the emperor would not take his ease while his men were freezing, and the order to discontinue all heating of the palace till the war should be over showed that his sympathy was with them day by day.

AMERICAN ARTISTS ABROAD

Their Merit Recognized and Rewarded Earlier Than It Is at Home.

Once more an American artist's picture holds the place of honor at the exhibition of the Royal Academy in London. Sargent had attained that honor; now it is Abbey's turn, with a picture distinctly American in subject, representing Columbus landing in the new world. Several other well-known American artists figure among the notable exhibitors. In the two annual picture shows now open in Paris, the same fact is true, reports the New York World.

American artists frequently complain, as do singers and musicians, that the surest way to distinction at home is recognition abroad. The protest implies that merit is not so readily accepted here as merit is in France and England.

The distinction attained by Sargent in London has done more than all his early successes in this country to assure his preeminence. The same may be said to be true of Abbey, although fame came to him easy as an illustrator. Something may be due to the circumstance that for years both have done most of their work abroad. Beyond a doubt, however, art is viewed far more hospitably in Paris and London than in New York. We have yet no art exhibitions that occupy so large a place in popular life as the regular shows of the two foreign capitals.

It is noteworthy also that more contemporary American artists have room in the Luxembourg museum, where living painters must await admission to the Louvre, than in our own Metropolitan. The Paris list counts about 25, among them Whistler, Sargent, Winslow Homer, La Farge, Alexander Harrison, Henry Mosler, Walter MacEwen, Carl Melchers, Miss Cassatt, Edwin L. Weeks and H. O. Tanner.

Under the old management American artists were treated with suspicion at the Metropolitan. It was sometimes difficult to get their works through the museum's doors even as gifts.

Fortunate, all that is being rapidly changed. Sir Purdon Clarke advocates the necessity of building up a representative American collection. Mr. George A. Hearn has donated a large fund, of which the income is reserved for the purchase of American works. It is a curious commentary on American taste that it was not until a foreign director was put in charge of the Metropolitan that American artists were promised something of the same public recognition they receive from the French government.

TURKEY WITH WOODEN LEG

Tale of a Gobbler That Smacks Something of the Munchausen Flavor.

In most communities there are certain persons who possess peculiar characteristics, habits and beliefs, and this is true of the "long shore sportsman of the old Mother State as of persons dwelling elsewhere, says Forest and Stream.

Many of the old time sportsmen still carry and use their muzzle loading guns, which cannot be displaced by more modern arms. They usually manage to bag a good many birds and other game, and this is chiefly due, it is believed, to their knowledge of the habits of the game. They seldom go out without finding something.

A story is told of one gunner who if any of the shot should fall from his hands while loading his gun will at once return home and make no farther effort to hunt that day, believing as he says, that those lost were his luck shot, and it would be useless for him to continue the hunt.

Another, whom I will call here Capt. Pete, is a sailor and all round sportsman. He loves to tell of his adventures with his dogs and gun, and is seldom seen without them. He tells many stories about the accuracy of Sweet Lips, his gun, and declares he can beat any man "a-shootin' for a turkey in the United States of Virginny."

On the occasion of a turkey hunt near the Rappahannock river Capt. Pete claims to have shot a 40-pound wild turkey, for which he was offered \$4 cash. The gray whiskers on the turkey's breast were 18 inches long, and he had one wooden leg. Here Capt. Pete gives a laugh that could be heard a half mile away. "Sar, he was the biggest turkey I ever saw. There were 18 fellows in the bunch of us, and four others besides, and all ate a sumptuous meal from one-half of his breast."

Uncle Pete says he cannot account for that one wooden leg unless that turkey had been previously owned by some one as a pet wild turkey.

Natural Arm Chair.

A gardener in Korea has formed a natural arm-chair by twisting a growing vine to the required shape. It is also studded with seeds of the gingko tree, which have grown into the fiber of the vine. After the chair was fashioned in this way it was cut from the ground, dried and polished until it resembled mahogany. It is 3 feet 4 inches high, 25 inches wide and weighs over 100 pounds.

Banquet in a Coal Mine.

Lord Northcote, governor general of Australia, was entertained to a banquet in a coal mine at Newcastle, New South Wales. The banquet hall was 300 feet below the surface.

No Student of Shakespeare.

"What is your favorite play?" asked the girl who quoted Shakespeare.

"Well," answered the youth with long hair, "I believe I like to see a man steal second as well as anything."—Washington Star.

MIGRATION OF WILD GEESSE

How the Old Leader of a Flock Gathers It and Starts on Its Journey.

At the end of March or during the first week in April all the gray geese in the Outer Hebrides collect in one place before taking their departure for their nesting haunts within the Arctic circle.

To estimate their numbers is impossible, and to behold this vast concourse of geese as one of the sights of a lifetime. The vast host of birds stands packed together in a huge phalanx till the king of the graylegs starts the flight. As the old leader ascends a hundred thousand voices salute him, but none stirs till from overhead he gives the call for his subjects to follow him.

Some fifty birds rise in the air and follow him, and as they go gradually assume the wedge-like formation, with three single birds in a string at the apex of the triangle, and in a few minutes are out of sight. When they have been fairly started the king returns, and after a few minutes rest he rises into the air again, and the same process is gone through before he leads off another batch.

Again and again he returns until all are gone but 300 old veterans, which rise to meet him in the air as he flies back to them. Then, with their sovereign at their head, these also wing their way toward the pole not to return until the following October.

MEASURING DEPTH OF AIR

Atmospheric Envelope of Earth Determined by Interesting Scientific Observation.

One hundred and 31 miles is the height of the atmosphere as measured by Prof. T. J. J. See, who determines the thickness of the air envelope by noting the difference between the time of sunset and the complete disappearance of blue from the sky. The moment at which the blue changes into black can be observed quite easily with approximate certainty by the naked eye when the air is clear; and by trigonometry may be ascertained the distance below the horizon of the sun at the moment of change. By this means may be calculated the height of the smallest illuminated particles of oxygen and nitrogen which give to the sky its blueness of tint by the reflection of the smallest wave lengths of the sun's light. The instant of change from blue to black is possibly a little difficult of exact observation, but the method is not more doubtful than that based in the observation of shooting stars. The shooting star method gives a result not greatly differing from the vanishing blue method. The former gives the height of the atmosphere at 109 miles.

4 Trains a Day

Between

Chicago, Indianapolis and Cincinnati

VIA

MONON ROUTE

Louisville, New Albany & Chicago Ry. Co.

Finest Pullman Equipment, Including Compartment Cars, Incomparable Dining-Car Service.

The "LIMITED," A NEW TRAIN, leaving Chicago at 11:20 p. m., arriving Cincinnati 7:35 a. m., and leaving Cincinnati 11:25 p. m., arriving Chicago 7:40 a. m., is an especially popular train. Carries Indianapolis layover sleeper.

Chas. H. Rockwell,
Traffic Manager.

Frank J. Reed,
Gen. Pass. Agent

THE

SUNSET ROUTE

OCEAN to OCEAN

Offers the Best

Fast Trains, Latest Dining, Sleeping and Observation Cars Between

New Orleans and California, Daily

Through Louisiana, Texas, New Mexico and Arizona, and will carry you over the

Road of a Thousand Wonders

that you read so much and hear so much about from the press and the people. Oil burning locomotives all the way; no smoke, no cinders. For beautiful illustrated literature and other information, see nearest Sunset Ticket Agent



HEALTH AND VITALITY

DR. MOTT'S NERVE PILLS
The greatest tonic and restorative for men and women, produces strength and vitality, builds up the system and restores the normal, bringing health and happiness. 60 doses in a box. For sale by all druggists, or we will mail it securely wrapped on receipt of price, \$1.00 per box, plus tax for \$5.00. Dr. Mott's Chemical Co., Cleveland, O.

THE NEWS'

SOUVENIR ALBUM

Will Portray Ada and Ada Country in Beautiful Half Tone Pictures Made From : : :

Actual Photographs

There will be Nearly 150 Views and no Expense is being spared in Compiling the Work : : :

See Us About It

LOCAL NEWS

W. W. Higgins is in Oklahoma City. Joel Terrel went to Paris, Texas, today.

Cupid flour at No. 17. Guaranteed the best. 95-tf

Chas. Byars of Oklahoma City, is in town.

Judge C. A. Galbraith went to Ardmore today.

W. D. Cardwell went Oklahoma City today.

Mrs. W. N. Walpool and son Oscar went to Roff today.

Walsh handles the White Swan canned goods. Phone 17. 95-tf

V. V. Harris and Judge Hyde of Konawa were in the city today.

Remember the day the Bloomer Girls play! -1t

The press speak in the highest terms of the Boston Bloomer Base Ball girls. -1t

M. L. Walsh will furnish you with the White Swan brand. Phone 17. 95-tf

J. T. Essmon went to Ft. Worth today to purchase repairs for his well drill.

Mrs. Foster and daughter Pearl, and Misses Ada and Bessie Warren are in Roff today.

Get a clean shave at Tipton's new barber shop and go to the tabernacle. 101-5t

An aggregation of the world's greatest athletes. "The Boston Bloomer Base Ball Club." -1t

Mrs. H. C. Thompson and children, Ben and Emma, left today for an extended visit in Longview, Texas.

Miss Florence Allen has returned from a six weeks visit with friends in Denton and other Texas points.

Miss Mildred Marrow, of Oklahoma City, who has been visiting Mrs. Gus Kline and family, left today for Sulphur.

Lost-A small purse containing some change and a gold cross and chain. Return to S. M. Torbett and receive reward. 102 -3t

Gen. Brant Kirk, Commander of the Oklahoma Sons of Veterans, of Oklahoma City, came in today enroute to the reunion at Roff.

Ladies can attend the Boston Bloomer game without any fear of being offended, as nothing will be tolerated that would shock the most fastidious. -1t

Lem Mitchel, T. D. McKeown and Jno. P. Crawford attended the picnic at Jesse Thursday. Mr. McKeown delivered an address and J. P. Crawford and Mitchel ate everything they could get their hands on. They report a very pleasant day.

W. J. Bumpers and family have moved to Ada from Bebee and will reside in the Dr. Ligon home in Sunrise, which property he has purchased. He has accepted a position with M. L. Walsh and will begin work August 1. Mr. Bumpers was one of Bebee's most influential citizens and most certainly Ada is glad to welcome him and his estimable family.

Our base ball team will play an exhibition game with the Boston Bloomers on Tuesday, July 24. The Bloomer Girls do not expect to draw crowds entirely on account of the novelty of being lady base ball players, but really put up a very creditable game. They travel in a private palace car and carry a canvas fence 14 feet high and 1200 ft. long for enclosing the grounds, a canopy covered grand stand with a capacity of 2000, and everything necessary to give a first class exhibition. They have toured every state, also Canada, and have everywhere received good notices from the press, not only for their good base ball playing, but also for their ladylike behavior. -1t

THE EVILS OF CONSTIPATION.

Everyone Knows When He is Constipated and Everyone Should Know the Risk He is Running When He Fails to Promptly Correct it.

Any Disease Epidemic or Otherwise to Which He or She May be Exposed is Sure to Result Seriously.

There are two ways to remove constipation; the wrong way is to drench the bowels with a powerful, gripping, drastic cathartic that injures the coating of the bowel channels and produces an early return of the trouble in a more chronic form. The right way is to use a natural, easy and mild laxative that tones up and strengthens the bowels and leaves a healthful influence behind it. Prickly Ash Bitters will empty the bowels just as thoroughly as the harsher cathartics, and combines all the tonic and strengthening properties necessary to permanently cure the habit.

Accept no substitute. Insist on having the genuine Prickly Ash Bitters with the large figure 8 in red on the front label. Sold Everywhere, Price \$1.00.

Do You Need Shoes?

If you want a pair of Shoes that combine style, elegance and individuality with the best leather and excellent workmanship, why not try ours? You will be satisfied with your selection. The latest correct styles for men, women and children

CHAPMAN
The Shoe Man.

BRYAN COMING.

Great Commoner to Visit Territories in October.

South McAlester, I. T., July 20. It has been definitely settled that William J. Bryan will visit this city early in October. He will come into the Indian country on the north and will make stops at all of the larger towns, such as Muskogee. The day will be a gala one for greater McAlester.

From McAlester Mr. Bryan will go to Ardmore, where a monster meeting of the Chickasaw Democrats will be held, after which he will proceed to Oklahoma City. The exact itinerary of Bryan has not been completed, but he will not depart much from the plan of travel as outlined above.

Joel Terrel Writes.

The Republicans of the 16th Recording District met here today. I attended the odoriferous wigwam during the closing hours of the convention. They had a large attendance, some of whom were white. I saw white men who had in days past been Democrats, but who change with each national administration, closely seated by the con. A large tub of contaminated water sat near the door; used, not as holy water but to quench the thirst of the motley members of the convention. I saw some of the citizens of our town walk up and stand in line and drink after the negroes who were there. I understood that an executive session was intended, but as the stench from their brothers in black was so noticeable the doors could not be closed and the coveted executive session could not be had where the vilest schemes of Republican depravity and rot could be promulgated. The Ada band was in attendance and I told the boys that if they would play Dixie I would treat them, and they played that Southern air. The guilty pelf hunting, once Democrats (in name only) hung their heads; evidencing the remorse of conscience that they once had. If such a flock of people should by their gerrymandering methods, come into power in this country liberty would take her flight and anarchy and caprice would reign supreme. Joel Terrell.

Ada, I. T., July 19, 1906.

Hobson Predicts.

South McAlester, I. T., July 20. Capt. Richmond P. Hobson, who lectured at the Chataqua last night, says that in the next election it will be Bryan vs. Roosevelt, with John Sharp Williams or a man like Gov. Folk as his running mate. Hobson also announced his willingness to put himself at the service of the new state Democratic Central Committee for the campaign in Oklahoma.

If his arrangements do not miscarry he would like to come to Indian Territory in the early part of October.

\$200 Fine Now.

Hereafter the "opened by mistake" excuse will be a mistake that will cost \$200. The postoffice department has ruled that mail must be looked over before leaving the office, and that any letter put in your box by mistake must be returned before leaving the post-office, under a penalty of \$200 for failure to do so.

The Choir.

The Chorus Choir is becoming an important feature of the Oliver meeting. Mr. Martin is working faithfully conducting a rehearsal after each service in the evening. There are two pianos and a violin which together with scores of voices furnish some stirring songs. If you ever sing join the Choir.

To Roff.

The following Adaites went to Roff to attend the Reunion today: G. W. Cox, Mrs. L. E. Mitchel and daughter Miss Bonnie, Mrs. C. McKinney and children, M. E. Donaghey and family, Vicar Adair, Arthur Bailey, Sid Tolbert, Clyde Bailey, Owen Kyle, Mrs. A. E. Kyle and Otis Weaver.

Five room house to rent on 16th street. \$9. per month. H. C. Thompson, over Ada Nat'l Bank 100-4t

Cupid flour, best on earth at Walsh's No. 17. 95-tf

Republicans Adjourn.

The District convention of Republicans completed its deliberations Thursday afternoon and adjourned. Resolutions of the customary character were reported and adopted. These documents were misplaced and could not be located today. When found they will probably be published in the News.

Notice.

All members of the Woodmen circle are requested to meet at the Hall Monday evening at 2.30 for the purpose of electing a clerk. Guardian and Clerk 102-2t

If you want the White Swan canned goods, phone us. M. L. Walsh. 95-tf

WANTED to loan on city property. Ada Savings & Loan Co. Apply to E. W. Hardin, Sec'y. 100-3t

24 Out of 25.

Pocahontas, Ark., Feb. 17., 1905. "Ship 5 gross Dr. Mendenhall's Chill and Fever Cure. I have been selling your Chill Cure for seven years and find that 24 out of 25 who once use it will have no other. W. H. Skinner, druggist." Sold by G. M. Ramsey, Drug Co.

Twenty Year Battle.

"I was a loser in a twenty year battle with chronic piles and malignant sores, until I tried Bucklen's Arnica Salve; which turned the tide, by curing both, till not a trace remains," writes A. M. Bruce, of Farmville, Va. Best for old Ulcers, Cuts, Burns and Wounds. 25c at G. M. Ramsey & Dr. F. Z. Holley, druggists.

A Tragic Finish.

A watchman's neglect permitted a leak in the Great North Sea dyke, which a child's finger could have stopped, to become a ruinous break, devastating an entire province of Holland. In like manner Kenneth McIver, of Vanceboro, Me., permitted a little cold to go unnoticed until a tragic finish was only averted by Dr. King's New Discovery. He writes: "Three doctors gave me up to die of lung inflammation, caused by a neglected cold; but Dr. King's New Discovery saved my life." Guaranteed best cough and cold cure at G. M. Ramsey & Dr. F. Z. Holley, druggists. 50c and \$1.00. Trial bottle free.

The Dodging Period

of a woman's life is the name often given to "change of life." Year menaces come at long intervals, and grow scarier until they stop. The change lasts three or four years, and causes much pain and suffering, which can, however, be cured, by taking

WINE OF CARDUI

Woman's Refuge in Distress

It quickly relieves the pain, nervousness, irritability, miserableness, fainting, dizziness, hot and cold flashes, weakness, tired feeling, etc. Cardui will bring you safely through this "dodging period," and build up your strength for the rest of your life. Try it. You can get it at all druggists in \$1.00 bottles.

"EVERYTHING BUT DEATH" I suffered, writes Virginia Robson, of Easton, Md., "until I took Cardui, which cured me so quickly it surprised my doctor, who didn't know I was taking it."



Travel Right

When you have occasion to travel, use the same discrimination in buying a ticket that you would in buying anything else. Assure yourself in advance of what you may expect in the way of comfort and convenience en route.

The Missouri, Kansas and Texas Railroad

with through trains (over its own rails) from St. Louis and Kansas City in the north, to San Antonio and Galveston in the south, offers a ready solution to the vexed question—"How to go?"

If there is any information you would like about a prospective trip, write me. I'll gladly give you the information and if possible have my representative call on you and personally assist you in every way. Think of my offer when you next have occasion to travel. Address:

W. S. ST. GEORGE, General Passenger & Ticket Agt. Wainwright Bldg., St. Louis. Tickets are on sale everywhere, via Missouri, Kansas & Texas Railway

GOLDEN GATE



TEAS and EXTRACTS Are The Best

1 lb. pkge Tea ... 20c

1 lb. pkge Tea ... 35c

Extracts ... 15c, 25c

Jones & Meaders

Frisco.

Summer tourist rates to points in the Southwest. Rate, one and one-fifth fare for round trip. Tickets on sale June 1st to September 30th. Final limit October 31st, 1906. This rate applies to many points in Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Virginia and West Virginia. Call and get particulars.

I. McNair, Agent, Ada, I. T.

Geo. A. Truitt, Engineer and Land Surveyor

Office Rear Ada National Bank.

Prompt and Careful Attention Given to All Work Entrusted.

Eyes Tested Here

By a Specialist, and Glasses Made to Suit. Absolute Satisfaction is Guaranteed You.

Sprague Bros., Ada, I. T.

A Full Line of May Manton Bazar PATTERNS

10c each. Catalogues 10c. Fashion Sheet Free.

These patterns are the best that can be purchased anywhere at any price.

Reed & Harrison



New Dairy

I have started my wagon and am now prepared to supply the people with choice milk and cream. Your patronage solicited.

R. L. McGUYRE, Phone No. 193.

LOANS

Correct Neat Abstracts of Title at Reasonable Prices

ADA TITLE and TRUST CO.

W. H. EBEL, Pres. and Manager,

ADA, IND. TER.

HENRY M. FURMAN.

ATTORNEY-AT-LAW

Will do a general Civil and Criminal Practice. Office in Duncan Building.

C. A. Galbraith Tom D. McKeown GALBRAITH & McKEOWN LAWYERS

Over Citizens National Bank Ada, Ind. Ter.

Reed & Harrison Wholesale and Retail Buggies

The Best Makes, the Lowest Prices

I have opened the

Twelfth Street Meet Market

and ask a share of your patronage. Nothing but the best of meats will be carried and your patronage will be given the most careful attention.

C. L. HICKEY.



Eyes Tested and Glasses Fitted **C. J. Warren, Optician**

ADA STEAM LAUNDRY CO.

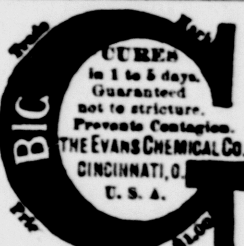
Is given up to be best. Do

Largest Agency Work

of any plant in this Territory.

MISS NELLIE KENNEDY, TRAINED NURSE.

Konawa - - - Ind. Ter. Phone No. 33.



MEN AND WOMEN. Use Big 64 for unnatural discharges, inflammations, irritations or ulcerations of mucous membrane. Pains, and not astringent or poisonous. Sold by Druggists, or sent in plain wrapper, by express, prepaid, for \$1.00, or 3 bottles \$2.75. Circular sent on request.

The NICKEL STORE

Where You Save Money on Everything.

A full car load of Crockery landed in the Nickel Store a few days since. In this lot there are a lot of things you will be interested in; may be not because of what they are, but because you can buy them so cheap.

Milk Pans or Crocks 1 gal. 6c

Crocks, 2 gal. 12c

Tall Jars, up to and including 6 gallon sizes, cost you 6c per gallon. You will find the tall jars particularly nice for putting up your pickles, etc.

Come here for your Fruit Jars. Fruit Jars, Ball Mason patent, with tops and rubbers, 1 gallon size, 85c dozen.

Extra Rubbers for fruit jars, 5c dozen.

Extra Tops with Rubbers, 25c dozen.

Jelly Glasses with tin covers, 25c dozen.

Candies

Don't fail to try our nice fresh Candies. We are sole agents for the "Red Band Brand" candies of New York City manufacture, a factory that makes 20 tons of fine Candy a day. Coconut Bon Bons and Chocolates per pound 12c.

Our Stationery Department

This is, has been and will be one of the most successful in the store. We sell pens, ink, mucilage, glue, composition books, ledgers, journals, day books, tablets both for pencil and ink, ruled and unruled. 5c.

We also in this department keep slates, slate pencils, school boxes and school supplies.

Novels

A complete, always up-to-date line of novels, standard authors, 10c.

Nickel Store.

The 5c and 10c store of Ada, I. T.

S. M. Shaw, Prop New location on Main street third door west of Rollow's corner.

Phone 77.

ON KEEPING A DIARY

THE PROS AND CONS OF THIS ANNUAL SUBJECT.

Should the New Year Be Signalized by Starting One?—Reasons For and Against—Extracts from a Girl's Diary That Is Worth While.

BY KATE UPSON CLARK.
(Copyright, 1901, by Joseph B. Bowles.)

In certain families, whenever the New Year comes around, awful indecisions are experienced by several members regarding the keeping of a diary.

One of the elders always says: "Don't do it. It is time wasted, and one has to keep it on his mind all the time, and yet you forget it every week or two, and then you try to remember and write it up to date, which leads to all sorts of mistakes and misstatements, and it never will do you any good, at best."

One member is fond of quoting what Mrs. Whitney says in one of her stories about a book which has been made of the diary of a famous woman: "How did she ever have time to have anything happen, when she was doing such monstrous days' work in writing it down?" "That is it," she says, positively. "Put yourself in the way of events. The more you shut yourself away when it isn't necessary, the less time there is for things to happen."

Another, who has faithfully kept a diary for many years, and has therefore acquired a diary habit which it would be hard to break, says: "Don't fail to commence a diary each year. It is the only adequate way of keeping track of your life. Read parts of it over from time to time, and you can see how your scheme of existence is working out. You are either progressing, or you are retrograding. Nobody remains stationary for a single day. If you are candid, your diary, with the suggestions which come to you as you recall the happenings it records, is a measure for you. You need not be introspective. You need not be wordy. Just put down a brief chronicle of each day's events."

The pleader for "more room for the actual," says that the diary is the graveyard of the imagination.

"The constant narration of the insignificant commonplace must have an important influence on the mind," she argues. "If you will make your diary a record of your thoughts—only writing when you have had a vision or some uplift, or some great moral impetus—that would be worth while. But as for putting down: 'Got up, took my bath, dressed, went to school, had a walk, studied, went to bed,' with trifling variations from day to day, how utterly stupid!"

Now all that sounds rather "smart." One reflects: "There is really something in it."

And after hearing both sides, the young people are more puzzled than ever. One decides that at least diaries are not fashionable, and being a devotee of le bon ton, that disposes of the subject for her. Another is lazy, and a diary is far too much trouble. A third, having known personally of a law-suit in which an old diary settled a matter of life and death; and having been led by this fact to investigate the subject, finding many similar arguments in its favor, buys a page-a-day volume and puts down a sketch of each day's doings.

A certain girl has perhaps the best diary-scheme of all. Her book is only an ordinary square blank book. There is nothing cut-and-dried about it. She writes nothing in it except what is sure to be interesting. Her own personal feelings and personal views are rigidly excluded, but whatever has happened which is really interesting, she puts down in a more or less literary form.

Here are embalmed the clever sayings of the children who visit in the family. Does she go to a dinner? Here are the anecdotes which were told there. Was there a distinguished man or woman present? Here is a full account of his or her dress and appearance and conversation. Has there been a spicy discussion in the family? Here are the arguments pro and con, put down with as much humor as the writer can command.

A special stress has been laid in this "diary," if this name is permissible, on stories of animals. Every pet bird or cat or dog which has shown any brightness, in the home or among the neighbors, is described in full. As there are many cameras among the friends, illustrations are creeping into the book.

Here is a specimen page of this girl's record. She is of high-school age only, and it will be seen that she is giving herself, without knowing it, a pretty good training for future "authorship."

"September 10. Little Evelyn, three years old, made us a visit this afternoon with her mother. She dropped a book making a great noise. She apologized in confusion, saying: 'I didn't do it, mamma, it dooded itself.' We passed some fudge which we girls had just been making. Evelyn asked her mother: 'Can I have much?' She said: 'So much,' and gave her one piece. Evelyn looked cruelly disappointed and asked, with a quivering lip: 'Can't I have a little mucher than that?' We showed her a picture of father when he was a baby. She asked: 'Why was Mr. Smith a baby once?' 'Yes, 'were you a baby once?' 'Yes, everybody was a baby once.' Evelyn looked perfectly bewildered. After a moment's thought, she asked: 'Who got the brekkis (breakfast) then?' Her mother keeps no servant."

"September 15. Our class in literature have just been learning Mrs. Browning's 'Bertha in the Lane.' We decided that it was all right to call it a classic, and that it has a lot of 'feeling' and some fine lines. But we thought it was pretty bad to rhyme 'aloo' with

'of' and 'afraid' with 'bed.' We had a great talk about what made poetry, because most of the great poems break all the rules, and the greatest poets write so much that is silly and dull. We are going to read a lot of essays about it."

"September 20. It is getting cold enough to have the open fire. Last night the bells came over, and it seemed like old times to hear them talk. As Agnes Todd's engagement has just been broken, that was one of the chief things we talked about. Nobody knows just why it happened, but we all agreed that it was foolish to make such a fuss as most people do over an engagement. Mr. Bell said he could think of four engagements in town within the last few years which had been announced with a flourish of trumpets, and been celebrated with presents and parties on all sides, and then a little later, they had been declared 'off.' Every one of us had made Agnes Todd a nice present. We are all trying to decide what we will do, as there are two Bell girls and four of us sisters. If you don't announce your engagement, you don't get any presents. I have put it down here, because we want to be sure to talk it over again."

It can be seen that this young lady's method of chronicling events has literary and amusing features which are lacking in the ordinary old-fashioned diary. In the right hands, such a "commonplace book" might be developed into "a joy forever."

INDIANS OBSERVE THE DAY.

Moquis Celebrated Christmas Long Before Columbus Came to Discover America.

In the course of studies of Christmas observances in America attaches of the government bureau of ethnology have discovered that the festival was known to and strictly observed by the Moqui Indians long before Columbus discovered the continent. What is more, they pursue the practice even to the present day and there is much merry mummery at or about December 25, with exchange of gifts and masquerading by persons who are got up in picturesque costumes to represent supernatural beings.

The St. Nicholas of the Moqui, however, is the sun god, and their festival is to celebrate his commencing return northward from the land of shadows that is supposed to be located in the far south. On the top of the highest building in the town the priest of the sun stands and looks away 100 miles to the southwest, where the great San Francisco mountain uplifts its rocky mass out of the desert. One end of the mountain is prolonged to the Eldon mesa by a series of foothills, and between the end of the mesa and the second series of hills there is a peculiar notch. In this notch is supposed to be the sun house—the place where the sun god has his home.

When the solar orb sinks at nightfall into that notch it has reached its most distant point on the horizon, and the 21st day of December has arrived. Formal notice of the fact is given by the sun priest, and an announcement is made of a general rejoicing. Various divinities, dressed in strange costumes, will appear in the town and the occasion will be signalized by a mystery play symbolizing the struggle of the sun against the powerful devils which try to keep him back and prevent him from returning to the north.

The sun god has a number of dangerous enemies—hostile deities, among whom the most powerful is the great plumed snake. This serpent divinity is of ancient Aztec origin, and was worshiped all over Mexico and Central America in prehistoric times. He was very troublesome in those days, it appears, and on one occasion brought about a deluge which flooded the valley in which the ancestors of the Moqui dwelt. At length he was appeased by the sacrifice of the son and daughter of the chief of the town, but afterward he afflicted the people in other ways, so that they were obliged to migrate northward to Arizona. And even yet they are compelled to perform elaborate annual rites to appease him.

Curious Indian Custom.

Many strange Indian tribes live around Hudson bay. The Cree and Nascopie Indians are among these tribes, who have a peculiar custom in regard to their dead. As soon as one of their number is dead, the surviving relatives place the dead man in a box, which they beg from the Hudson Bay company. The size is of no account. In this box is placed, with a loaded gun, a powder horn, a tobacco pouch, a flint stone for striking fire, the snow shoes for travel and an ax. This box is then carried to the top of the nearest hill and set there with stones upon the top of it. For ten days it is left undisturbed, and then the relatives remove the gun and other valuables, believing that by that time the dead one has reached the happy hunting grounds and has no further use for them.

China's Empress.

The dowager empress of China is only a secondary wife in the household of her husband, who died 40 years ago, but her individuality is so powerful that she became without any trouble the head of the imperial household. Her subjects are almost as numerous as all the people in Europe.

No Presents.

The emperor and empress of Germany have let it be understood that they will not receive presents of any kind on the twenty-fifth anniversary of their wedding, which will occur next year. Contributions of money are to be accepted and will be devoted to charitable purposes.

Inquisitive.

Wilfred—Everybody is talking about Christmas Eve now, ain't they, ma? Mamma—Yes, my dear; what of it? Wilfred—Where does Christmas Adam come in?—N. Y. Times.

The Principle and Practice of Health

By EDWARD B. WARMAN
(Author "Scientific Physical Training," Former Editor Health Department Ladies' Home Journal.)

(Copyright, 1901, by J. B. Bowles.)

Deep Breathing Essential to Health—Most People Too Lazy to Breathe—Heart Failure Often Due to Overloaded Stomach—Fill the Lungs More, the Stomach Less—Those with Weak Hearts Should Avoid Running—To Hold the Breath Is Injurious—Don't Breathe Through the Mouth.

We may live days without food, hours without water, but only a few moments without air. When God made man, the finishing touch was "The Breath of Life." When man "shuffles off this mortal coil," the last thing he gives up is breath. Therefore, breath is paramount. Yet, strange as it may seem, all the way from the cradle to the grave, there is no one thing on which man so economizes as on this freest of all free gifts—fresh air. It is shut out from the home, the office, the workshop, the church, the school, the theater, etc., as though it were a veritable foe.

Deep, full, diaphragmatic breathing is essential for health. The upper chest should be raised and fixed muscularly; that is, wholly independent of the breathing. The diaphragm is one of the strongest muscles of the body, extending through the body from side to side (attached to the lower ribs) and from front to back (attached to the sternum—breastbone—in front, and along the sides of the lower part of the spinal column in the back). It arches in the center and separates the cavity of the chest from that of the abdomen. It forms, as it were, a floor for the lungs and a roof to the abdomen—the heart and lungs above; the liver, stomach, etc., beneath. Correct breathing means a strong action of the waist muscles (front, sides and back) at, not below, the waist line. So-called abdominal breathing (moving the lower walls of the abdomen) is not abdominal but abominable, and often results in injury. If you wish to secure correct abdominal breathing, lie flat upon your back, place a heavy book, or other object (or have some one sit upon you) about over the pit of the stomach. Breathe slowly and deeply enough to raise the object while the upper chest, if in correct position, remains immovable.

Deep Breathing Essential to Health.

Full use of the lungs always means strength. Throughout the brute creation, from the mouse which breathes 150 times a minute, to the elephant which breathes only six times a minute, one rule holds good: the larger and stronger the animal, the more slowly and deeply it breathes.

The same applies with equal force to man. The greatest men of all times and countries—Napoleon, Luther, Cromwell, Webster, Gladstone; these and many more were big-chested, deep-breathing men. The great statesman, Bismarck; the great preachers, Beecher, Brooks, Spurgeon, etc.; the great actors, Salvini, Forrest, McCullough, etc.; the great pugilists, Sullivan, Jeffries, etc.; these are but types of men with one thing in common—the fully developed chest and lungs with the resultant vitality.

The Great Blood Purifier.

Consider, for a moment, the fact that the blood makes the entire circuit of the body about three times every minute, leaving the heart a pure red and returning almost black with its load of impurities, and then passed on again through the lungs for the purpose of purification. How essential, then, that the lungs should receive their full modicum of pure air.

When you inhale, the heart contracts and forces out the blood; when you exhale, the heart expands and receives the blood. Therefore, deep, full breathing in the open air is the greatest blood purifier in the world, for we are drawing upon the great universal reservoir of life. But do not delude yourself with the idea that merely being in the fresh air will suffice. Some men are in the fresh air all day, but never take a deep inhalation unless the nature of the work is such as to compel them to do so.

Any movement that we perform that requires more than the customary muscular action calls, of course, for more blood. The blood is the food of the muscles. Inasmuch as the amount of blood in the body is more or less limited, this extra quantity can be supplied only by passing more of it through the muscles in an equal time. Therefore the heart must beat more quickly; but the rapid flow of blood occurs all over the body and, naturally, the lungs participate in it. It will be seen that if the blood-flow through the lungs is increased, the air supply must also be increased if the blood is to be purified. To secure this, the amount of air entering the lungs must be augmented which can be accomplished only by fuller breathing.

Breathing Exercises.

As a rule, I do not believe in them—as exercises—except for an invalid. If you are able-bodied (especially able-bodied), instead of "standing up" or "sitting down" and "going through" a series of exercises, "twere far better to walk briskly or take some form of vigorous exercise that will compel the breathing to "go through" you. Increased respiration, not forced, is the aim; for forced respiration (as the regular breathing exercises) defeats

the very object it seeks to attain. Without increase in the circulation of the blood, the overdistended air cells occlude the blood vessels and force the blood back so the oxygen cannot reach it and the imprisoned gas cannot escape. This causes the dizziness which results from forced respiration. The desired end is obtained when both air and blood circulate freely in and through the lungs. This, as I have said, is best accomplished through some vigorous action.

But the majority of people are too lazy to breathe; too lazy to take the kind of exercise that requires the deep, full inhalations. They get along with just as little air as possible, go blocks out of the way to avoid climbing a hill and, in so doing, never experience the exhilarating influence and buoyancy of diaphragmatic breathing. If they do manage to run a short distance, for a street car, they blow and wheeze like a wind-broken horse.

Heart Failure.

There's many a case of so-called heart failure that is nothing more than an over-loaded, distended stomach crowding upon and thus interfering with the functions of the heart. My advice is—fill the lungs more and the stomach less.

Is your heart weak? If so, seek the cause, but do not let up in exercise. If you do not exercise your lungs they will weaken by insufficient use; if you do not exercise your stomach but, instead, ignore its functions by forcing predigested food upon the poor, helpless thing, it may fail you when you most need it; if you do not exercise your muscles they will atrophy by non-use. Your heart is a muscle. It needs a certain amount of exercise to increase its strength. It is a hard working organ. The only rest it ever gets all through life is the trifling interval between two heart beats.

I would suggest that your work be vigorous, not violent. Take a brisk walk (preferably on an empty stomach—your own). Increase the rate of speed compatible with safety. Each beat sends the blood through the vessels at a higher pressure. A heart which is strong and healthy responds not by beating still faster but by contracting more powerfully. If you begin to get short of breath, slacken your pace without actually stopping, and you will perceptibly feel that a balance has been struck. You will find the hill-climbing a blessing instead of a curse—if you use judgment and keep your mouth shut. You can soon get so that you can occasionally indulge in a dog-trot for a short distance. All forms of running, however, require a strong heart. Mountaineering makes the largest demand upon the nervous system; rowing, upon the respiratory organs; cycling, upon the circulatory organs; running makes a demand upon all of these and especially the heart.

While walking, running or otherwise exercising avoid holding the breath unduly. It is decidedly detrimental to do so. Learn to control your diaphragm and you will have no difficulty to govern your breathing and cause it to be rhythmical instead of spasmodic.

To hold your breath when exercising is to let your muscles tear down at a rapid rate. The carbon dioxide accumulates very fast in the muscles and if you shut off the supply of blood or impoverish it, particularly during vigorous exercise, it is surely a tearing down process; whereas, if you breathe continuously and rhythmically, fresh blood flows to the parts exercised.

The lack of usual supply of oxygen leads to a stimulation of the cardio-inhibitory center of the medulla and thus, through the pneumogastric nerve, slows the heart beat. The real danger, therefore, in holding the breath too long (so long as to cause a deep, gasping inhalation to follow) is the overworking of the valves of the heart when the rush of blood follows the temporary cessation of breathing.

Another reason for diaphragmatic breathing during vigorous exercise is because of the beneficial effect upon the liver. The movements of the diaphragm facilitate the flow of blood through the liver brought to it by the valveless portal vein. A deep inspiration sucks the blood into the liver while the expiration expels it with a jet. Therefore, liver indigestion, due to an imperfect supply of oxygen, is thus benefited by the deep, full breathing caused by vigorous exercise.

Mouth Breathing.

It was a Roman satirist who wrote: "He who breathes through his mouth takes into his lungs more of death than of life." The saying is as true to-day as it was in the day of the Caesars.

A dog breathes through his mouth, but he holds a license from nature. The innumerable pores of his tongue serve the same office for him in respiration as do the pores of the skin for us.

A mouth-breather is always a shallow breather, using only the upper lobe of his lungs. I have long contemplated writing a book of 365 pages (one for each day of the year) and on every page I would give a practical lesson on hygiene. That lesson would consist of just three words and those three words would be the same on every page—SHUT YOUR MOUTH.

How much of evil effects, physically, would be avoided by heeding this advice. And what a world of sorrow would be saved if we would keep the mouth shut—when angry.

Do not breathe through your mouth even at night, when asleep, if you wish to preserve the teeth. If you cannot keep it shut in any other way, do as the Indians with their paposes—the it shut.

When you go from a warm room to an atmosphere less warm be sure to keep the mouth closed to prevent the cool or cold air going directly to the lungs and thereby causing congestion.

A READING COURSE

HOW TO PLAN ONE THAT IS PROFITABLE.

A Timely Topics Course—The Age of Elizabeth Offers Interesting Field—Biography the Best Medium for History—To Understand the Present, We Must Know the Past—Devoted Study of a Single Author Enlarges One's Vocabulary—Talk Over What Has Been Read.

BY MARGARET E. SANGSTER.
(Copyright, 1901, by Joseph B. Bowles.)

It is perfectly possible to spend so much valuable time in planning what you are going to read or study, that the time will all slip away, without your getting any actual results. The temptation to a book lover to skirt along the edges of literature, culling here a fruit and there a flower, is very insidious.

If you visit a library, its very wealth augments your difficulty. You stand irresolute among the infinite intellectual riches of many lands and ages. You want to grasp so much that, like the child who comes home from a daisy field with empty hands, having dropped her flowers by the wayside, you have nothing to show for your longing and your labors at the end of the season.

I assume that my reader desires to read for profit. First, this being the case, he must decide on the department that shall enlist his time and thought.

At present the far east presents an inviting avenue for exploration and discovery. During many months the world has been standing aghast while Russia and Japan at a prodigious expense of human life and a lavish outlay of treasure, have stubbornly fought for dominion. As Kipling sings, so have we seen it proved:

"O East is East and West is West,
And never the twain shall meet,
Till earth and sky stand presently
At God's great judgment-seat."

They have met in battle with the hurrying shock of mighty seas, and the end is not yet. It behooves those who would read the signs of the times clearly and know the world history, that is making day by day in our sight, to read about Russia, and to read about Japan. The long history of each nation, starting from a remote and shadowy past, can be found on the shelves of any public library, and current literature shows a crop of recent volumes giving the modern point of view of each nation, both from within and from without.

You cannot put your winter evenings to better use than to spend them by the lamp, in the Sunrise Kingdom, or in the strange medieval Russia, that is an anachronism in Europe in 1905.

Historical Reading.

But if you wish to sail on another tack, trim your course accordingly. Perhaps the England of Queen Elizabeth has loomed before you like an enchanted land. The Elizabethan period is so full of contrasts with our own; it is so pregnant with issues that have since brought forth great triumphs in later days; it has so vast a gallery of heroic figures, that it cannot be exhausted by one student in one season.

Historic periods are really best studied by groups, who meet in clubs and circles, one set of students taking up one phase and another selecting an opposite, or a harmonious aspect of the wonderful reign and realm. The maiden queen who held the scepter and the center of the stage so long and so brilliantly was the daughter of Henry VIII. and the ill-fated Anne Boleyn. What did she derive from her ancestry? In what did she, a Protestant, differ when it came down to the sheer womanly quality of her character, from her sister, the Catholic Mary, whose mother was Katherine of Aragon? Just here you will probably wish to read Shakespeare's Henry VIII. Froude's pages will set the unseen scene of those thrilling times vividly before you. You will not fail to read the wonderful story of Mary, Queen of Scots, that daughter of France who ruled rough Scottish nobles and peasants, who was more loved and more loathed than any other woman in history, whose long imprisonment and cruel death were tragic beyond words, and whose beauty is as that of Helen of Troy in the world's belief to this day.

You will find history, science, essays and poetry arranging themselves around the personality of Elizabeth.

In planning a course of reading, it is usually best to get hold of some strong human interest. This lends a touch of verity to science, and forms a starting-point in political economy, and in inventions and discoveries.

In reading of a man and his times, note dates and places, and fix them firmly in the memory by writing them down. Biography is the most illuminating medium in which to read history.

The whole story of the civil war is told in the memoirs of the great soldiers who fought so bravely on either side. Grant, Lee, Jackson, Burnside, Meade.

Their annals are the annals of the conflict. So it is with the great naval commanders. So, in reading the lives of Lincoln, Jefferson and Washington you read the brilliant story of our grand republic. Most people enjoy reading about real men and real events and real episodes, as they are inwoven with stirring and thrilling periods of the past. We cannot understand the present unless we have some familiarity with the past, out of which the present has grown. I would suggest, however, taking a

single author, and steeping the mind with his works. Have a Stevenson winter, for example, or a Carlyle winter. For Robert Louis Stevenson, in whom there is so much variety, versatility and "deep-veined humanity," a winter is not too much. He is the modern successor of Sir Walter Scott, and the predecessor of the writers of romance who have lately been prominent. The novels of wild adventure, and hair-breadth escapes and desperate dare-devil recklessness, that have partially illustrated authentic history, owe their inception to Stevenson, who set the pace.

Read "Kidnapped" and "David Balfour" first; then read "Prince Otto," "The Story of Dr. Jekyll and Mr. Hyde," "Treasure Island," and so on. Read the wonderful stories of travel and the subtly fine essays and criticisms, and, last of all, inverting the order in this case, read Stevenson's own brave life, as told in his biography.

You will find your horizon broadened, your imagination fired, your vocabulary enlarged by an absorbed and devoted study of a single author during a stated period. This, too, is a very good plan to pursue in family reading, for which the long evenings give opportunity. Let one read aloud, while the rest listen, and talk over what has been read before the spell of the story has passed away. Children gain much culture by this simple method.

LIGHT IS NOT NEEDED.

Scientists Say That the Sun's Effect on Man in Most Cases Is Bad.

Dr. Charles E. Woodruff has made an exceedingly interesting investigation of the effects of tropical light on white men. The origin of his investigation, says the Chicago Tribune, was an attempt to prove or disprove the theory that the skin pigmentation of man served to exclude the short or actinic rays of light, whose action is to destroy living protoplasm.

If this theory is true it will explain at once many anthropological riddles. We find in it a reason why white men, while capital colonizers in cold or temperate regions and sagacious administrators of tropical colonies, have failed when they attempted to colonize in hot countries! Why blond types prevail in the cloudy, almost sunless regions of the north of Europe, brunette types in the dazzling light countries bordering on the Mediterranean, and the negro in Central Africa; and why the type is less blond than that of the countryman who has during a large portion of his outdoor life the protection of woodland and orchard.

Dr. Woodruff soon felt bound to admit that the sun is not the beneficent deity we thought him to be as we worshiped, but that he delights in sacrifices and slays ruthlessly those who trust him. It is hard to believe that man does not need light, and it is almost a shock to be made to realize that "the vast majority of land animals live in absolute darkness. Yet Dr. Woodruff leaves little reason to doubt his statements, or, besides the cogency of his reasoning from universally accepted facts, he fairly bristles with authorities whom he cites in support of his position.

ENGLISH FAMILY PRESTIGE.

Wealth Is No More Venerated in England Than It Is in America.

The greater and greatest nobles are established in a fear which, says the North American Review, is very like what the fear of God used to be when the common people feared Him; and, though they are potent political magnets, they mainly rule as the king himself does, through the secular reverence of those beneath them for their titles and the visible images of their state. They are wealthy men, of course, with so much substance that, when one now and then attempts to waste it, he can hardly do so; but their wealth alone would not establish them in the popular regard. His wealth does no such effect for Mr. Astor in England; and mere money, though it is much desired by all, is no more venerated in the person of its possessor than it is with us. It is ancestry, it is the long uncontested primacy of families first in their place, time out of mind, that lays its resistless hold upon the fancy and bows the spirit before it. By means of this comes the sovereign effect in the political as well as the social state; for, though the people vote into or out of power those who vote other people into or out of the administration, it is always—or so nearly always that the exception proves the rule—family that rules, from the king down to the last attaché of the most unimportant embassy.

First MoHo Railway.

On the Coney island meadows there still stands sections of the structure of the first single rail system built in this country, which was to convey holiday seekers to the seashore at the rate of a mile a minute. In Cheshunt, England, there are still standing some traces of a single track road which was built in 1825 and which was in use for a time. The principles upon which the road was built did not largely differ from the methods now being tried in various parts of Europe, and it is recorded that a single horse could draw seven loaded cars along the line. It is curious that in spite of the success of this pioneer line no great development should have been made since then.

No Sunday Cars.

Dundee is the only large town in Scotland which has no Sunday street car service. Some time ago a vote taken by the citizens resulted in a majority against running cars on Sunday.

WEATHER FORECAST:

Tomorrow:

Fair.

THE EVENING NEWS.

TEMPERATURE TODAY:

At 3 p. m., 82 degrees.

DEVOTED TO MAKING ADA A LARGER AND MORE PROGRESSIVE CITY

VOLUME 3

ADA, INDIAN TERRITORY, FRIDAY EVENING, JULY 20, 1906

NUMBER 102

ROFF ENTERTAINS OLD SOLDIERS MOST ROYALLY

Staff Special to the Evening News.

Roff, I. T., July 20.—These are gala hours in the city of Roff. The big three-days reunion of Confederate Veterans began yesterday most auspiciously and it promises to grow bigger continuously until the end Saturday.

Roff is giving a beautiful object lesson in the art of entertaining. Her preparations were on a big scale, were thorough and consummately tactful. Every citizen of the town is a busy, resourceful, smiling, gracious host. Long tables fairly groan under their burden of toothsome viands, the table service is excellent, and no accommodation is lacking for the comfort and pleasure of the people.

The elaborate arrangements are fully justified by the immense attendance from various parts of the Chickasaw nation, and even beyond.

The principal speaker on yesterday's program was Hon. D. H. Linebaugh, of Atoka. His was a magnificent effort which delighted the big audience. Though it is an open secret among his friends that Mr. Linebaugh will make the race for the democratic nomination for congress, in the utmost good taste he refrained, in his speech, from any reference whatever to partisan politics or to his candidacy. However the fact of his candidacy afterwards leaked out and the complimentary remarks copiously made by his hearers would have tended to turn any man's head not so well balanced as Linebaugh's. The young Atoka attorney was quite the toast of the day.

Dr. Fife, a brilliant evangelist of Kansas City, delivered a fine address in the afternoon and was heard with full appreciation. A superb band is one of Roff's most valuable assets. On this occasion naturally the band boys shine resplendent. They are a splendid bunch of fellows and render splendid music. When not entertaining with their instruments they entertain otherwise, whether it be making love to the ladies or serving Veterans and others at table or tank.

The Ladies of Honor representing the Veterans and Sons of Veterans make an attractive group and are filling their respective positions charmingly. Those appointed for the Veterans by Gen. Whit Hayden are Miss Dovie Farris, East Chickasaw nation, with sweet little Miss Hyden as Maid of Honor; the Sponsors and Maids of Honor for the Sons are, Misses Ethel Richardson, Nova Harbert and Irene McPherson.

The election of Brigade Commander occurs Saturday. Their respective friends are boosting for this honor Captain Vaden, of Roff; Captain Hargis, of Ada, and Captain Whit Hayden, the present commander.

Ousted Negro Delegates.

Chickasha, I. T., July 20. The Republican convention of the Nineteenth Recording District was held here yesterday, an executive committee was chosen and a platform adopted. The most significant feature was the refusal to recognize the negro delegates.

After a hard fight the negroes left the hall, and it was declared that the policy would be to make the Republican party in this district a white man's party.

THE REVIVAL.

Bro. Oliver Delivers a Strong Sermon on Prayer—Asking in Faith.

On account of the mass meeting at the court house and the threatening rain clouds the crowd at the tabernacle last evening was much smaller than usual. But the sermon was none the less better because of the small attendance.

Mr. Oliver's text was found in Mark, 11:24—"What thing soever ye desire when ye pray, believe that ye receive them and ye shall have them." He began by telling how and why the will of God is the foundation stone upon which all true prayer rests. "His will should be the guiding rule of every christian life. There should be no obstacle in the way of the desires of a true child of God. Praying for unsaved men is the will of God."

Mr. Oliver said that in prayer the desire means everything. A petition to God, with many people, is drudgery. He said many people were like the man who had his prayer written out and tacked to the wall and every night just before retiring he would point to the petition and say, "Lord, them is my sentiments."

Mr. Oliver continued by showing how many prayers may be blasphemy. "If the heart is not right God will not hear. There must be a longing desire, a burden, an earnestness, or our prayers avail nothing."

Here the evangelist gave several real and practical illustrations to demonstrate how earnestness, and faith meant all in a petition to God.

"God will give victory and save the un-Godly when the christians are in earnest about their salvation. The children of God must show a concern, a burning interest for their lost relatives and neighbors, before God will honor their prayer for their salvation."

"No wonder Ada is without a revival. There are too many dry eyes!" He made an impassioned appeal to the christians to go to God in prayer. "He will answer prayer. Storm heaven for the unsaved and God will give the answer."

Here Bro. Oliver asked the fathers if they were interested in their sons. And the mothers, were they anxious about their daughters. "The family name will not save your boy. God alone can save him," was the emphatic warning given to the fathers and mothers present. He asked the mothers where their daughters were tonight, and urged that parents should be consistent in the home. That fathers and mothers must show concern about their children before they can see them saved.

Bro. Oliver is a man of prayer. It tells on him in his every utterance. "Faith gives the assurance that prayer is heard. Experience proves that God does hear and answer prayer."

We guarantee our Cupid flour. No. 17. Walsh. 95-11

They play ball! Last season's record of the Boston Bloomer Girls: Games played 173; won 96; lost 67; tie games 10; Longest game was a 15 inning contest at Dennison, Iowa, in which neither side scored.

16TH DISTRICT ARRANGES TO TAKE ITS OWN CENSUS

The U. S. court room Thursday night was filled almost to suffocation with sweltering citizens of the 16th Recording District eager to hear Judge W. H. H. Clayton and to assist him in the task of districting this section for the constitutional convention.

The attendance was large despite the confusion of dates for the meeting. The judge had originally called it for Thursday morning. Not being able to reach here on time, he wired to Ada postponing the date till Friday morning; however he arrived last afternoon and the gathering was hurriedly called for night. These changes resulted in many out-of-town people not being present, though many were anxious to attend. The assemblage, however, was made right representative by the presence of a number of Republicans from various precincts who were holding the district convention of the party.

The gathering was called to order by Mayor Wood, who briefly stated its purpose. The mayor was nominated for chairman and elected by acclamation, as was A. H. Constant for secretary.

Judge Clayton was then introduced to the audience and he, in an address of some length, proceeded to explain the object of his coming. First, however, he made some general observations regarding the political situation in the Territory. He exhorted the men of the two great parties, while they engage in a mighty, manly contest for supremacy in the new state, not to let partisan bitterness be engendered, but to permit the utmost friendly feeling to prevail, whatever be the outcome. The county seat contests are giving the districting board the greatest trouble.

"Every hamlet with a handful of inhabitants," said the judge, "wants a county seat, and so insistent is the ambition of all the towns in this regard that they are bitterly hating and fighting one another." He would have it understood that the board has nothing whatever to do with the locating of county seats, it being a matter entirely for the constitutional convention. He pointed out the grave danger of dividing the territory into small counties with small taxable wealth, thereby necessitating an enormous rate of taxation to support the county governments. Let the counties be large, he urged, and taxes moderate; by all means let the farmers frown down these petty county seat feuds.

In conclusion Judge Clayton explained what he wanted our citizens to do. He wanted them to appoint a central committee of six or eight, half of them Republicans and half Democrats, who should select from each of our twenty-six townships a reliable person to take a hurried census of his township and return same to the central committee, who in turn would certify the total district population to the Districting Board.

A motion prevailed that the chair appoint the committee. It appeared that the other towns of the District were not fully represented, so finally a motion was made and carried to adjourn until 11:00 o'clock Friday when citizens from other points would be present.

Chairman Woods called the meeting to order at 11:00 a. m., and proceeded

Remember!

Fellow Citizens:—Indian Territory is entering a new epoch; the dawn of home government approaches. From now on momentous things will continually be taking place in the new state, in every county and recording district. To do your duty as a citizen you must keep informed on these happenings. The Ada Weekly News makes a specialty of new state news; and as for the occurrences of the 16th Recording District, such are the News facilities that no other paper can possibly compete with it in that field. Take the News for a \$1.00

to name a committee of six whose duty it would be to select twenty-eight census enumerators for the 16th Recording District. Those appointed were: Democrats—Geo. Harrison, Ada; Nick Heard, Stonewall; W. H. Ellison, Maxwell. Republicans—Ed Brents, Ada; Jno. A. Clark, Roff; Jno. I. McCool, Roff.

The above committee are at work this afternoon selecting the several census enumerators, which will be published Saturday.

On motion of Tom D. McKeown and second by C. Weaver, the committee of six were empowered to provide funds for the purpose of defraying the expenses of taking the census.

THE BOSTON BLOOMERS.

Ladies' Champion Base Ball Club of the World.

One of the most exciting and interesting games of the season will take place in this city on Tuesday, July 24. The opponents of the local team will be the famous and original Boston Bloomer Girls. This team was first organized in 1893 by Mr. W. P. Needham, the manager, and judging from the flattering press notices being showered upon them, our boys will have to play ball in order to secure a victory. The ladies have their own palace car and have traveled extensively, having played in all the large cities of U. S., and Canada. The club has been strengthened from year to year and their line-up this season is the equal of anything in the amateur or semi-professional base ball line. Don't fail to see them. Admission 50 cents. Grand stand, extra. -11

J. W. Beard Endorsed.

The Republican convention of the 16th Recording District is session Thursday endorsed Jno. W. Beard of Ada, as election commissioner for this district. Mr. Beard is one of the very best Republicans in the Ada country and if he gets the place the people may count on a square deal.

Are You Irish?

I have a patch 200x140 feet underlaid with a mine of fine Irish potatoes. In this patch there are several fruit trees and around it a few rank weeds. To anyone who will cut the weeds and clear the ground and trees in good condition, I will give the potatoes. Call today prepared to do the work this week. Otis B. Weaver.



WE ARE NOW

Turning out the finest ice cream in this section of country. It is a home product, even the ice that freezes it. When these conditions are facts why not use home manufactured cream?

CRYSTAL ICE CREAM COMPANY



A WOMAN'S DELIGHT

is always expressed if she is pleased. Let her visit our drug store and see the elegant line of PERFUMES, TOILET SOAPS AND WATER

we carry, and she will be more than delighted.

We also carry a line of fine candies in boxes.

G. M. RAMSEY, Druggist. (Successor to Clark Drug Co.)

A Timely Suggestion

To Property Owners and Mortgagees:

Tornadoes and wind-storms have destroyed millions of dollars worth of property. In a few moments the savings of a lifetime disappear. Your property, or that held in trust by you, may at any time be similarly damaged or destroyed.

How would you be affected by such a loss? Are you insured?

A liberal form of contract protecting you in such an emergency can be had at low rates of premium from

OTIS B. WEAVER,
FIRE INSURANCE AGENT.

PAUL W. ALLEN,

Livery, Feed and Sale Stable.

Horses Boarded by Day or Week.

Satisfaction Guaranteed.

Best of Service.

Allen Livery Barn

South Townsend Ave.,

Phone 64.

Patronize Home Industry

By Buying Ice From

Ada Ice and Fuel Co.

Keep Your Money at Home.

We Handle the Best Grades of Coal.

Phone 249.

Office at Ice Plant.

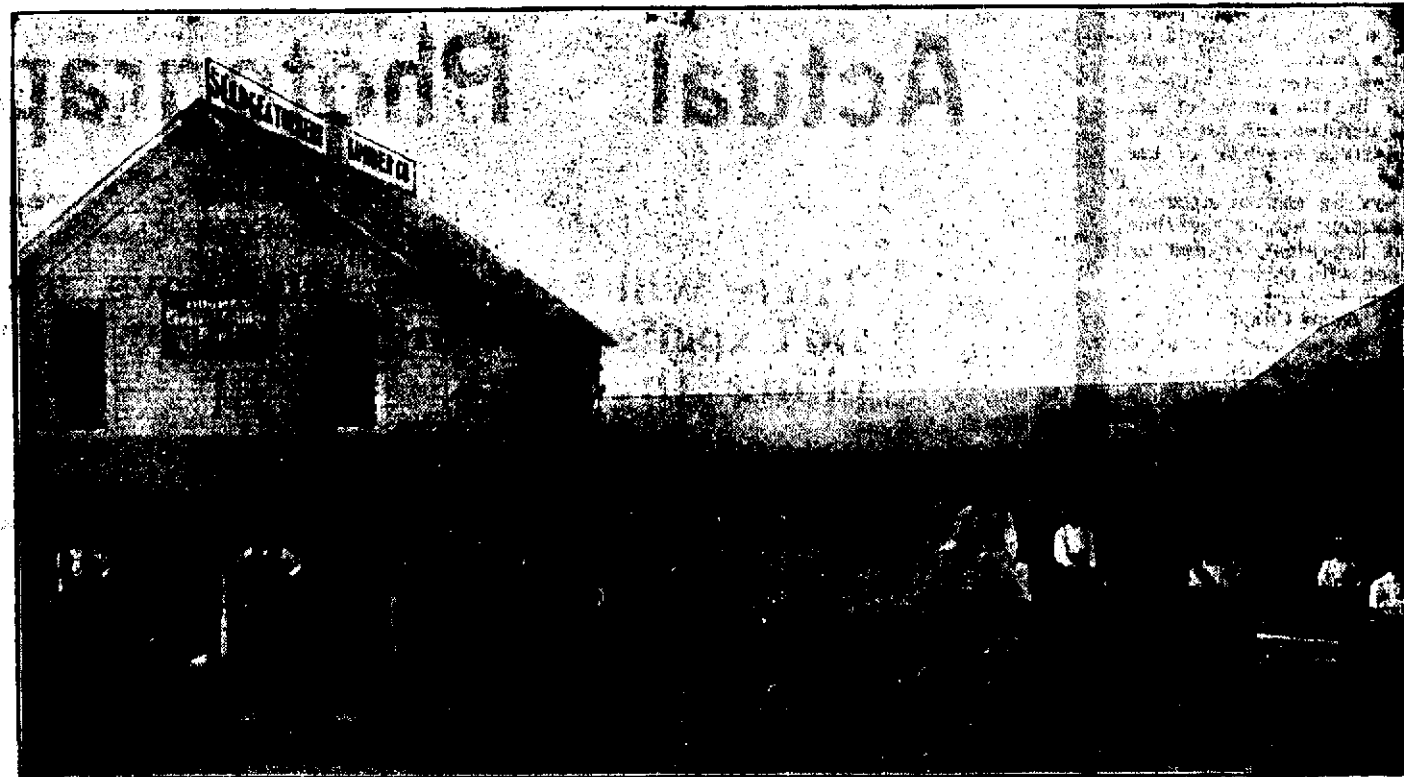
OVERDRAFTS

It is becoming well known by business men that overdrafts, whether large or small, are not approved by the comptroller of the currency. The large central banks allow overdrafts only in a very small way, and this, it matters not how small, is not approved by the powers that be. This unbusinesslike habit of overdrafts grew out of advancing on moving products, such as cotton, grain and fat stock on the move. The overdraft system is wrong and the man whose account is always overdrawn is the man who spends more money than he makes and will finally have no bank account.

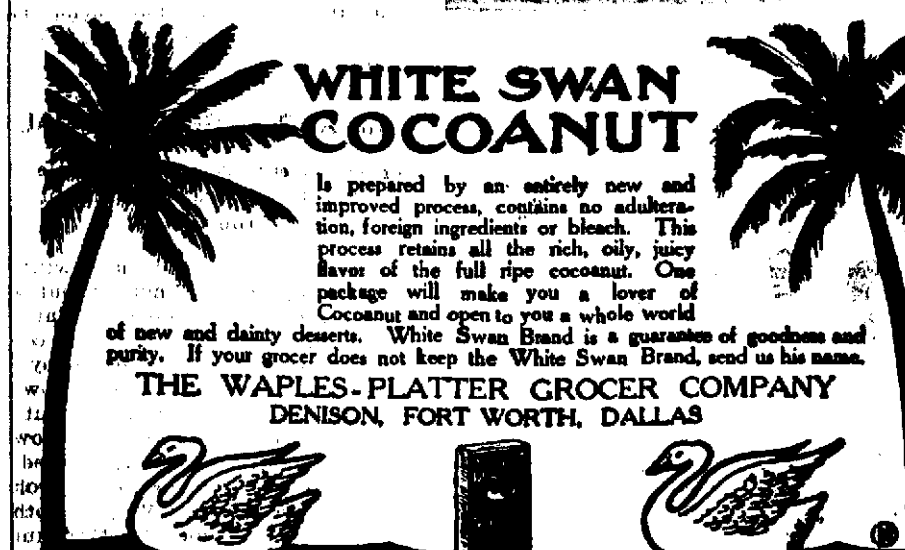
Ada National Bank.

Capital and Surplus, \$83,500.

Ada, Ind. Ter.



SLEDGE & TOLBERT LUMBER YARD IN ADA



WHITE SWAN COCOANUT

Is prepared by an entirely new and improved process, contains no adulteration, foreign ingredients or bleach. This process retains all the rich, oily, juicy flavor of the full ripe coconut. One package will make you a lover of Coconut and open to you a whole world of new and dainty desserts. White Swan Brand is a guarantee of goodness and purity. If your grocer does not keep the White Swan Brand, send us his name.

THE WAPLES-PLATTER GROCER COMPANY
DENISON, FORT WORTH, DALLAS

Ada Evening News

OTIS B. WEAVER, PUBLISHER
M. D. STEINER, BUSINESS MGR

Note on second class mail matter, March 20, 1904, at the post office at Ada, Indian Territory under the Act of Congress March 3, 1879.

Advertising rates on application

PRECOCIOUS SENILITY.

Valuable Lives Snuffed Out in Youth and Middle Age by Disease of Age.

Preocious senility, when marked and rapid, is so rare as to be mere academic interest, a pathologic curiosity, such as the recorded instance of children of six years dying with arteriosclerosis and other signs of extreme age, says American Medicine. Even the very uncommon, but a much larger number of milder cases have so long been noted as to have given rise to the axiom that a man is as old as his arteries. These cases deserve more thought than is given to them, not so much to discover cures as to prevent decay, and save to society so many valuable lives which are now snuffed out in the middle age by diseases of the senile. There has been much wild speculation on the subject, chiefly in lay journals, and due, no doubt, to some more or less sensational investigations of Metchnikoff on the causes of normal senility and the possibility of prolonging human life beyond the century mark. Yet it is a serious problem and we should know what is the stimulus which makes one organism go through all its life changes in 50 years, while another under apparently identical conditions lasts 30 years longer.

COLD IS A MINOR FACTOR

In Pneumonia the Huddling Together of People Is More Important

Augustus Wadsworth declares that experience has shown cold to be a minor predisposing factor in the development of pneumonia. The huddling together of people in close quarters is of far more importance, says Medical Record.

The treatment of pneumonia in its present stage may be said to be either very easy or impossible. A careful prophylaxis against disturbances of the digestive tract is of the greatest importance. Many ways of attaining the same results present themselves and the choice in great measure rests with personal experience. The hope of definite results lies in the production of an efficient and specific antiseptic.

It is known that poisonous substances are elaborated by the pneumococcus, but so far the production of an antitoxin corresponding to that used in diphtheria has not been obtained. Pneumonia, however, is the bacteremic disease and as yet in none of this type have satisfactory results been secured in relation to antisera. The hope of success nevertheless is gradually growing brighter.

Compensation.

"I am sorry," said the doctor, "but your little girl will not be able to speak for several days." "Then it will be safe," said the anxious mother, "for me to invite the minister to tea, won't it?"—Sketch.

Changed Her Mind.

Stella—I thought you said you would never marry a man with red hair.

May—I thought I wouldn't at the time, but he afterward proposed.—Detroit Free Press.

Doctors Endorse It

Long Bros., Druggists, Paducah, Ky., write "We sell more of Dr. Mendenhall's Chill and Fever Cure than all other remedies combined, having retailed over 700 bottles in one season. Physicians here prescribe it and persons who once use it will have no other. Sold by G. M. Ramsey Drug Co.

Accept no Substitute.

There is nothing just as good for Malaria, Chills and Fever as Dr. Mendenhall's Chill and Fever cure. Take it as general tonic and at all times in place of quinine. If it fails to give satisfaction G. M. Ramsey drug Co. will refund your money.

MOTT'S PENNYROYAL PILLS

Safe and reliable, they overcome weak, nervous, irritable, and all other ailments. No remedy so quick as MOTT'S PENNYROYAL PILLS. Sold by Druggists and Grocers.

FRISCO TIME CARD.
Ada, Ind. Ter.

EAST BOUND TRAINS,
No. 510 Meteor, 4:48 p. m.
No. 512 Eastern Exp., 9:45 a. m.
No. 542 Local Freight, 3:45 p. m.
WEST BOUND TRAINS,
No. 509 Meteor, 8:52 a. m.
No. 511 Texas Pass, 7:15 p. m.
No. 541 Local Freight, 7:45 a. m.
Local freight trains carry passengers provided with permits. Ten per cent saved on the purchase of round trip tickets.
I. McNair, Agent.

GERMAN GIRLS' SCHOOLING

No Colleges for Them in Their Own Country, But They Have a "Pension."

The German girl leaves school at about 15 years of age, by which time she has learned to sew, mend, and supposedly to speak English and French. She has not learned higher mathematics, says Modern Women, but she has learned the small things which fit a girl for a housewife or companion, and that, in Germany, is woman's only sphere.

However much we American girls may enjoy our colleges we dare not pity the German girls, for they have something which takes their place and of which we can have no conception until we reside in Germany a few months.

Did you ever hear of a pension? It is one of the most enjoyable things which exists. Certain influential ladies, mostly widows or maiden aunts, make known that they are willing to take a limited number of young ladies into their family.

We went to Hanover, two of us girls with a horror and dread of a boarding school, as we heard a pension described. We found ourselves in a family of eight girls, all from the very best class of Germans, and all placed under Frau von H—'s care for a year or more.

None of the girls had any special object in life, a few wanted to learn how to keep house, a few indulged in an hour's music lesson per week, but most of them came, as is the German custom, for the sake of becoming polished, and being escorted to concerts, theaters, balls, receptions, student Kneipes, etc., opportunities not afforded in smaller cities, and even not in many cities that are larger than Hanover.

Subsequently our chaperon accepted invitations for her girls, parties were given and the great intimate family spent a year full of pleasure.

HORSE AND HORSELESS.

The Animal and the Auto Each Do the Other an Occasional Good Turn.

A farmer in Cadis, Ind., recently jacked up his automobile to serve in lieu of a broken engine in the shelling of corn and cutting of fodder for his live stock and horses. The latter partook of their share of the feed without showing any hard feeling toward their deadly rival, the auto.

One man who has been touring the country says that the horses have accepted the automobile more gracefully than the farmers have.

He tells the story of an automobilist who met an elderly couple driving a skittish horse which decidedly objected to passing the unknown vehicle. The driver of the car stopped to offer his aid, but the man declined it with the remark:

"If you'll lead my old woman by, I guess the boss and I can make it all right."

Another horse and horseless yarn comes from a man in Oregon. He says:

"When I bought my car, I marveled that the company could sell it for \$1,550. Now I marvel that they could sell it at any price. Marvelling is the cheapest part of the proposition, I find.

"My particular marvel out in my barn reminds me of the man who built so much stone fence in one day that it took him two days to walk back to where he began. My car will take me—sometimes—so far from home in two hours that it takes the rest of the day for me to drive home with a provisionally hired horse.

FACTS ABOUT SAFETY PIN.

Obliging Clerk Imparts Interesting Information Concerning the Article.

"One dozen safety pins. Twelve cents. Thank you, madam," said the clerk. "Your change will be here in one moment."

She was very pretty. He was young. A conversation sprang up.

"There is a strange story connected with the safety pin," the clerk said. "An Englishman invented this pin some 30 or 40 years ago. For this admirable invention he was highly honored. Fetes and applause were showered upon him. If I am not mistaken, the man was even knighted.

"And about three years ago, in excavating in Pompeii, they came upon—what do you think? A perfect safety pin. Hundreds of perfect bronze safety pins. The Englishman's invention wasn't new at all. It was 2,000 years old.

"The man had been feted and honored all his life, he had even been knighted, for an invention that he didn't invent."

MIKADO'S SELF DENIAL.

Refused Heat in Palace While His Soldiers Were Freezing in the Field.

In the bitter cold of last winter—1904-1905—the mikado not content with the fullest official reports, sent his grand master to look into the conditions at the front, to ascertain by visiting every camp and outpost, how the soldiers were faring. When Count Hiji-kata returned with his harrowing tale of frightful suffering caused by the cold, the emperor was broken-hearted, says World's Work. Nothing more could be done—the Manchurian winter must drag its icy season through—but the emperor would not take his ease while his men were freezing, and the order to discontinue all heating of the palace till the war should be over showed that his sympathy was with them day by day.

AMERICAN ARTISTS ABROAD

Their Merit Recognized and Rewarded Earlier Than It Is at Home.

Once more an American artist's picture holds the place of honor at the exhibition of the Royal Academy in London. Sargent had attained that honor; now it is Abbey's turn, with a picture distinctly American in subject, representing Columbus landing in the new world. Several other well-known American artists figure among the notable exhibitors. In the two annual picture shows now open in Paris, the same fact is true, reports the New York World.

American artists frequently complain, as do singers and musicians, that the surest way to distinction at home is recognition abroad. The protest implies that merit is not so readily accepted here as merit as it is in France and England.

The distinction attained by Sargent in London has done more than all his early successes in this country to assure his preeminence. The same may be said to be true of Abbey, although fame came to him easy as an illustrator. Something may be due to the circumstance that for years both have done most of their work abroad. Beyond a doubt, however, art is viewed far more hospitably in Paris and London than in New York. We have yet no art exhibitions that occupy so large a place in popular life as the regular shows of the two foreign capitals.

It is noteworthy also that more contemporary American artists have room in the Luxembourg museum, where living painters must await admission to the Louvre, than in our own Metropolitan. The Paris list counts about 25, among them Whistler, Sargent, Winslow Homer, La Farge, Alexander Harrison, Henry Mosler, Walter MacKwen, Carl Melchers, Miss Cassatt, Edwin L. Weeks and H. O. Tanner.

Under the old management American artists were treated with suspicion at the Metropolitan. It was sometimes difficult to get their works through the museum's doors even as gifts.

Fortunately, all that is being rapidly changed. Sir Purdon Clarke advocates the necessity of building up a representative American collection. Mr. George A. Hearn has donated a large fund, of which the income is reserved for the purchase of American works. It is a curious commentary on American taste that it was not until a foreign director was put in charge of the Metropolitan that American artists were promised something of the same public recognition they receive from the French government.

TURKEY WITH WOODEN LEG

Tale of a Gobbler That Smacks Somewhat of the Munchausen Flavor.

In most communities there are certain persons who possess peculiar characteristics, habits and beliefs, and this is true of the 'long shore sportsman of the old Mother State as of persons dwelling elsewhere, says Forest and Stream.

Many of the old time sportsmen still carry and use their muzzle loading guns, which cannot be displaced by more modern arms. They usually manage to bag a good many birds and other game, and this is chiefly due, it is believed, to their knowledge of the habits of the game. They seldom go out without finding something.

A story is told of one gunner who if any of the shot should fall from his hands while loading his gun will at once return home and make no further effort to hunt that day, believing as he says, that those lost were his luck shot, and it would be useless for him to continue the hunt.

Another, whom I will call here Capt. Pete, is a sailor and all round sportsman. He loves to tell of his adventures with his dogs and gun, and is seldom seen without them. He tells many stories about the accuracy of Sweet Lips, his gun, and declares he can beat any man 'a-shootin' for a turkey in the United States of Virginia."

On the occasion of a turkey hunt near the Rappahannock river Capt. Pete claims to have shot a 40-pound wild turkey, for which he was offered \$4 cash. The gray whiskers on the turkey's breast were 18 inches long, and he had one wooden leg. Here Capt. Pete gives a laugh that could be heard a half mile away. "Sar, he was the biggest turkey I ever saw. There were 18 fellows in the bunch of us, and four others besides, and all ate a sumptuous meal from one-half of his breast."

Uncle Pete says he cannot account for that one wooden leg unless that turkey had been previously owned by some one as a pet wild turkey.

Natural Arm Chair.

A gardener in Korea has formed a natural arm-chair by twisting a growing vine to the required shape. It is also studded with seeds of the ginkgo tree, which have grown into the fiber of the vine. After the chair was fashioned in this way it was cut from the ground, dried and polished until it resembled mahogany. It is 3 feet 4 inches high, 25 inches wide and weighs over 100 pounds.

Banquet in a Coal Mine.

Lord Northcote, governor general of Australia, was entertained to a banquet in a coal mine at Newcastle, New South Wales. The banquet hall was 300 feet below the surface.

No Student of Shakespeare.
"What is your favorite play?" asked the girl who quoted Shakespeare.
"Well," answered the youth with long hair, "I believe I like to see a man steal second as well as anything."
—Washington Star.

MIGRATION OF WILD GEESSE

How the Old Leader of a Flock Gathers It and Starts on Its Journey.

At the end of March or during the first week in April all the gray geese in the Outer Hebrides collect in one place before taking their departure for their nesting haunts within the Arctic circle.

To estimate their numbers is impossible, and to behold this vast concourse of geese as one of the sights of a lifetime. The vast host of birds stands packed together in a huge phalanx till the king of the graylegs starts the flight. As the old leader ascends a hundred thousand voices salute him, but none stir till from overhead he gives the call for his subjects to follow him.

Some fifty birds rise in the air and follow him, and as they go gradually assume the wedge-like formation, with three single birds in a string at the apex of the triangle, and in a few minutes are out of sight. When they have been fairly started the king returns, and after a few minutes rest he rises into the air again, and the same process is gone through before he leads off another batch.

Again and again he returns until all are gone but 300 old veterans, which rise to meet him in the air as he flies back to them. Then, with their sovereign at their head, these also wing their way toward the pole not to return until the following October.

MEASURING DEPTH OF AIR

Atmospheric Envelope of Earth Determined by Interesting Scientific Observation.


One hundred and 31 miles is the height of the atmosphere as measured by Prof. T. J. J. See, who determines the thickness of the air envelope by noting the difference between the time of sunset and the complete disappearance of blue from the sky. The moment at which the blue changes into black can be observed quite easily with approximate certainty by the naked eye when the air is clear; and by trigonometry may be ascertained the distance below the horizon of the sun at the moment of change. By this means may be calculated the height of the smallest illuminated particles of oxygen and nitrogen which give to the sky its blueness of tint by the reflection of the smallest wave lengths of the sun's light. The instant of change from blue to black is possibly a little difficult of exact observation, but the method is not more doubtful than that based in the observation of shooting stars. The shooting star method gives a result not greatly differing from the vanishing blue method. The former gives the height of the atmosphere at 109 miles.

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Incomparable Dining-Car Service.
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Offers the Best
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Through Louisiana, Texas, New Mexico and Arizona, and
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that you read so much and hear so much about from the press and the people. Oil burning locomotives all the way; no smoke, no cinders. For beautiful illustrated literature and other information, see nearest Sunset Ticket Agent



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NEURALGIC PILLS
The great tonic and restorative for men and women, producing health and vitality. It is a powerful and reliable remedy for all nervous and debilitated conditions. It is sold by all druggists and grocers. Price \$1.00 per box. For a full description of this medicine, see the book "Health and Vitality" sent free on request. Dr. J. C. Mott, Cleveland, O.

THE NEWS'
SOUVENIR ALBUM

Will Portray Ada and Ada Country
in Beautiful Half Tone Pictures
Made From : : : :
Actual Photographs
There will be Nearly 150 Views and
no Expense is being spared in Com-
piling the Work : : : :
See Us About It

LOCAL NEWS

W. W. Higgins is in Oklahoma City. Joel Terrell went to Paris, Texas, today.

Cupid flour at No. 17. Guaranteed the best. 95-tf

Chas. Byars of Oklahoma City, is in town.

Judge C. A. Galbraith went to Ardmore today.

W. D. Cardwell went Oklahoma City today.

Mrs. W. N. Walpool and son Oscar went to Roff today.

Walsh handles the White Swan canned goods. Phone 17. 95-tf

V. V. Harris and Judge Hyde of Konawa were in the city today.

Remember the day the Bloomer Girls play! -1t

The press speak in the highest terms of the Boston Bloomer Base Ball girls. -1t

M. L. Walsh will furnish you with the White Swan brand. Phone 17. 95-tf

J. T. Essmon went to Ft. Worth today to purchase repairs for his well drill.

Mrs. Foster and daughter Pearl, and Misses Ada and Bessie Warren are in Roff today.

Get a clean shave at Tipton's new barber shop and go to the tabernacle. 101-5t

An aggregation of the world's greatest athletes. "The Boston Bloomer Base Ball Club." -1t

Mrs. H. C. Thompson and children, Ben and Emma, left today for an extended visit in Longview, Texas.

Mrs. Florence Allen has returned from a six weeks visit with friends in Denton and other Texas points.

Miss Mildred Marrow, of Oklahoma City, who has been visiting Mrs. Gus Kline and family, left today for Sulphur.

Lost! A small purse containing some change and a gold cross and chain. Return to S. M. Torbett and receive reward. 102 -3t

Gen. Brant Kirk, Commander of the Oklahoma Sons of Veterans, of Oklahoma City, came in today enroute to the reunion at Roff.

Ladies can attend the Boston Bloomer game without any fear of being offended, as nothing will be tolerated that would shock the most fastidious. -1t

Lem Mitchel, T. D. McKeown and Jno. P. Crawford attended the picnic at Jesse Thursday. Mr. McKeown delivered an address and J. P. Crawford and Mitchel ate everything they could get their hands on. They report a very pleasant day.

W. J. Bumpers and family have moved to Ada from Bebee and will reside in the Dr. Ligon home in Snrre, which property he has purchased. He has accepted a position with M. L. Walsh and will begin work August 1. Mr. Bumpers was one of Bebee's most influential citizens and most certainly Ada is glad to welcome him and his estimable family.

Our base ball team will play an exhibition game with the Boston Bloomers on Tuesday, July 24. The Bloomer Girls do not expect to draw crowds entirely on account of the novelty of being lady base ball players, but really put up a very creditable game. They travel in a private palace car and carry a canvas fence 14 feet high and 1200 ft. long for enclosing the grounds, a canopy covered grand stand with a capacity of 2000, and everything necessary to give a first class exhibition. They have toured every state, also Canada, and have everywhere received good notices from the press, not only for their good base ball playing, but also for their ladylike behavior. -1t

THE EVILS OF CONSTIPATION.

Everyone Knows When He is Constipated and Everyone Should Know the Risk He is Running When He Fails to Promptly Correct it.

Any Disease Epidemic or Otherwise to Which He or She May be Exposed is Sure to Result Seriously.

There are two ways to remove constipation; the wrong way is to drench the bowels with a powerful, gripping, drastic cathartic that injures the coating of the bowel channels and produces an early return of the trouble in a more chronic form. The right way is to use a natural, easy and mild laxative that tones up and strengthens the bowels and leaves a healthful influence behind it. Prickly Ash Bitters will empty the bowels just as thoroughly as the harsher cathartics, and combines all the tonic and strengthening properties necessary to permanently cure the habit.

Accept no substitute. Insist on having the genuine Prickly Ash Bitters with the large figure 8 in red on the front label.

Sold Everywhere. Price \$1.00.

Do You Need Shoes?

If you want a pair of Shoes that combine style, elegance and individuality with the best leather and excellent workmanship, why not try ours? You will be satisfied with your selection. The latest correct styles for men, women and children

CHAPMAN
The Shoe Man.

BRYAN COMING.

Great Commemorative to Visit Territories in October.

South McAlester, I. T., July 20. It has been definitely settled that William J. Bryan will visit this city early in October. He will come into the Indian country on the north and will make stops at all of the larger towns, such as Muskogee. The day will be a gala one for greater McAlester.

From McAlester Mr. Bryan will go to Ardmore, where a monster meeting of the Chickasaw Democrats will be held, after which he will proceed to Oklahoma City. The exact itinerary of Bryan has not been completed, but he will not depart much from the plan of travel as outlined above.

Joel Terrell Writes.

The Republicans of the 16th Recording District met here today. I attended the odoriferous wigwag during the closing hours of the convention. They had a large attendance, some of whom were white. I saw white men who had in days past been Democrats, but who change with each national administration, closely seated by the con.

A large tub of contaminated water sat near the door; used, not as holy water but to quench the thirst of the motley members of the convention. I saw some of the citizens of our town walk up and stand in line and drink after the negroes who were there. I understood that an executive session was intended, but as the stench from their brothers in black was so noticeable the doors could not be closed and the coveted executive session could not be had where the vilest schemes of Republican depravity and rot could be promulgated.

The Ada band was in attendance and I told the boys that if they would play Dixie I would treat them, and they played that Southern air. The guilty pelf hunting, once Democrats (in name only) hung their heads; evidencing the remorse of conscience that they once had. If such a flock of people should by their gerrymandering methods, come into power in this country liberty would take her flight and anarchy and caprice would reign supreme.

Joel Terrell.

Ada, I. T., July 19, 1906.

Hobson Predicts.

South McAlester, I. T., July 20. Capt. Richmond P. Hobson, who lectured at the Chatauqua last night, says that in the next election it will be Bryan vs. Roosevelt, with John Sharp Williams or a man like Gov. Folk as his running mate. Hobson also announced his willingness to put himself at the service of the new state Democratic Central Committee for the campaign in Oklahoma.

If his arrangements do not miscarry he would like to come to Indian Territory in the early part of October.

\$200 Fine Now.

Hereafter the "opened by mistake" excuse will be a mistake that will cost \$200. The postoffice department has ruled that mail must be looked over before leaving the office, and that any letter put in your box by mistake must be returned before leaving the postoffice, under a penalty of \$200 for failure to do so.

The Choir.

The Chorus Choir is becoming an important feature of the Oliver meeting. Mr. Martin is working faithfully conducting a rehearsal after each service in the evening. There are two pianos and a violin which together with scores of voices furnish some stirring songs. If you ever sing join the Choir.

To Roff.

The following Adaites went to Roff to attend the Reunion today: G. W. Cox, Mrs. L. E. Mitchell and daughter Miss Bonnie, Mrs. C. McKinney and children, M. E. Donaghy and family, Vicar Adair, Arthur Bailey, Sid Tolbert, Clyde Bailey, Owen Kyle, Mrs. A. E. Kyle and Otis Weaver.

Five room house to rent on 16th street. \$9. per month. H. C. Thompson, over Ada Nat'l Bank 100-4t

Cupid flour, best on earth at Walsh's No. 17. 95-tf

Republicans Adjourn.
The District convention of Republicans completed its deliberations Thursday afternoon and adjourned. Resolutions of the customary character were reported and adopted. These documents were misplaced and could not be located today. When found they will probably be published in the News.

Notice.

All members of the Woodmen circle are requested to meet at the Hall Monday evening at 2.30 for the purpose of electing a clerk.
Guardian and Clerk 102-2t

If you want the White Swan canned goods, phone us. M. L. Walsh. 95-tf

WANTED to loan on city property. Ada Savings & Loan Co. Apply to E. W. Hardin, Sec'y. 100-3t

24 Out of 25.

Pocahontas, Ark., Feb. 17., 1905. "Ship 5 gross Dr. Mendenhall's Chill and Fever Cure. I have been selling your Chill Cure for seven years and find that 24 out of 25 who once use it will have no other. W. H. Skinner, druggist." Sold by G. M. Ramsey, Drug Co.

Twenty Year Battle.

"I was a loser in a twenty year battle with chronic piles and malignant sores, until I tried Bucklen's Arnica Salve; which turned the tide, by curing both, till not a trace remains," writes A. M. Bruce, of Farmville, Va. Best for old Ulcers, Cuts, Burns and Wounds. 25c at G. M. Ramsey & Dr. F. Z. Holley, druggists.

A Tragio Finish.

A watchman's neglect permitted a leak in the Great North Sea dyke, which a child's finger could have stopped, to become a ruinous break, devastating an entire province of Holland. In like manner Kenneth McIver, of Vanceboro, Me., permitted a little cold to go unnoticed until a tragic finish was only averted by Dr. King's New Discovery. He writes: "Three doctors gave me up to die of lung inflammation, caused by a neglected cold; but Dr. King's New Discovery saved my life." Guaranteed best cough and cold cure at G. M. Ramsey & Dr. F. Z. Holley, druggists. 50c and \$1.00; Trial bottle free.

The Dodging Period

of a woman's life is the name often given to "change of life." Very serious come at long intervals, and grow scarier until they stop. The change lasts three or four years, and causes much pain and suffering, which can, however, be cured, by taking

WINE OF CARDUI

Woman's Refuge in Distress

It quickly relieves the pain, nervousness, irritability, miserableness, fainting, dizziness, hot and cold flashes, weakness, tired feeling, etc. Cardui will bring you safely through this "dodging period," and build up your strength for the rest of your life. Try it.

You can get it at all druggists in \$1.00 bottles.

"EVERYTHING BUT DEATH"
I suffered, writes Virginia Robson, of Easton, Md., "until I took Cardui, which cured me so quickly I surprised my doctor, who didn't know I was taking it."

Travel Right

When you have occasion to travel, use the same discrimination in buying a ticket that you would in buying anything else. Assure yourself in advance of what you may expect in the way of comfort and convenience en route.

The Missouri, Kansas and Texas Railroad

with through trains (over its own rails) from St. Louis and Kansas City in the north, to San Antonio and Galveston in the south, offers a ready solution to the vexed question—"How to go?"

If there is any information you would like about a prospective trip, write me. I'll gladly give you the information and if possible have my representative call on you and personally assist you in every way. Think of my offer when you next have occasion to travel. Address

W. S. ST. GEORGE,
General Passenger & Ticket Agt
Wainwright Bldg., St. Louis.
Tickets are on sale everywhere, via Missouri, Kansas & Texas Railway

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TEAS and EXTRACTS

Are The Best

1 lb. pkge Tea ... 20c

1 lb. pkge Tea ... 35c

Extracts... 15c, 25c

Jones & Meaders

Frisco.
Summer tourist rates to points in the Southwest. Rate, one and one-fifth fare for round trip. Tickets on sale June 1st to September 30th. Final limit October 31st, 1906. This rate applies to many points in Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Virginia and West Virginia. Call and get particulars.
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Prompt and Careful Attention
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By a Specialist, and Glasses Made to Suit.
Absolute Satisfaction is Guaranteed You.

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A Full Line of

May Manton Bazar PATTERNS

10c each. Catalogues 10c. Fashion Sheet Free.

These patterns are the best that can be purchased anywhere at any price.

Reed & Harrison

New Dairy

I have started my wagon and am now prepared to supply the people with choice milk and cream. Your patronage solicited.

R. L. McGUYRE, Phone No. 193.

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On Dead Claims, Intermarried, Surplus and where Restrictions Are Removed. Improved City Property or to build.

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Wholesale and Retail Buggies

The Best Makes, the Lowest Prices

I have opened the

Twelfth Street Meat Market

and ask a share of your patronage. Nothing but the best of meats will be carried and your patronage will be given the most careful attention.

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Eyes Tested and Glasses Fitted

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ADA STEAM LAUNDRY CO.

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Largest Agency Work

of any plant in this Territory.

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Use Big G for unnatural discharges, inflammations, irritations or ulcerations of mucous membranes. Painless, and not astringent or poisonous. Sold by Druggists, or sent in plain wrapper, by express, prepaid, for \$1.00 or 3 bottles \$2.75. Circular sent on request.

The NICKEL STORE

Where You Save Money on Everything.

A full car load of Crockery landed in the Nickel Store a few days since. In this lot there are a lot of things you will be interested in; may be not because of what they are, but because you can buy them so cheap.

Milk Pans or Crocks 1 gal. 6c
Milk Pans or Crocks 2 gal. 12c
Tall Jars, up to and including 6 gallon sizes, cost you 6c per gallon. You will find the tall jars particularly nice for putting up your pickles, etc.

Come here for your Fruit Jars. Fruit Jars, Ball Mason patent, with tops and rubbers, 1 gallon size, 85c dozen.
Extra Rubbers for fruit jars, 5c dozen.
Extra Tops with Rubbers, 25c dozen
Jelly Glasses with tin covers, 25c dozen.

Candies

Don't fail to try our nice fresh Candies. We are sole agents for the "Red Band Brand" candies of New York City manufacture, a factory that makes 20 tons of fine Candy a day. Cocomut Bon Bons and Chocolates per pound 12c.

Our Stationery Department

This is, has been and will be one of the most successful in the store. We sell pens, ink, mullage, glue, composition books, ledgers, journals, day books, tablets both for pencil and ink, ruled and unruled. 5c.

We also in this department keep slates, slate pencils, school boxes and school supplies.

Novels

A complete, always up-to-date line of novels, standard authors, 10c.

The Nickel Store.

The 5c and 10c store of Ada, I. T.

S. M. Shaw, Prop
New location on Main street third door west of Rollow's corner.

Phone 77.

ON KEEPING A DIARY

THE PROS AND CONS OF THIS ANNUAL SUBJECT.

Should the New Year Be Signaled by Starting One?—Reasons For and Against—Extracts from a Girl's Diary That Is Worth While.

BY KATE TUPSON CLARK.

(Copyright, 1906, by Joseph B. Bowles.)

In certain families, whenever the New Year comes around, awful indecisions are experienced by several members regarding the keeping of a diary.

One of the elders always says: "Don't do it. It is time wasted, and one has to keep it in his mind all the time, and yet you forget it every week or two, and then you try to remember and write it up to date, which leads to all sorts of mistakes and misstatements, and it never will do you any good, at best."

One member is fond of quoting what Mrs. Whitney says in one of her stories about a book which has been made of the diary of a famous woman: "How did she ever have time to have anything happen, when she was doing such monstrous days' work in writing it down?" "That is it," she says positively. "Put yourself in the way of events. The more you shut yourself away when it isn't necessary, the less time there is for things to happen."

Another, who has dutifully kept a diary for many years and has therefore acquired a diary habit which it would be hard to break says: "Don't fail to commence a diary each year. It is the only adequate way of keeping track of your life. Read parts of it over from time to time, and you can see how your scheme of existence is working out. You are either progressing, or you are retrograding. Nobody remains stationary for a single day. If you are candid, your diary, with the suggestions which come to you as you recall the happenings, it records, is a measure for you. You need not be introspective. You need not be wordy. Just put down a brief chronicle of each day's events."

The pleader for "more room for the actual" says that the diary is the graveyard of the imagination.

"The constant narration of the insignificant commonplace must have an important influence on the mind," she argues. "If you will make your diary a record of your thoughts—only writing when you have had a vision or some uplift, or some great moral impetus—that would be worth while. But as for putting down: 'Got up, took my bath, dressed, went to school, had a walk, studied, went to bed,' with trifling variations from day to day, how utterly stupid!"

Now all that sounds rather "smart." One reflects: "There is really something in it."

And after hearing both sides, the young people are more puzzled than ever. One decides that at least diaries are not fashionable, and being a devotee of le bon ton, that disposes of the subject for her. Another is lazy, and a diary is far too much trouble. A third, having known personally of a law-suit in which an old diary settled a matter of life and death, and having been led by this fact to investigate the subject finding many similar arguments in its favor buys a page-a-day volume and puts down a sketch of each day's doings.

A certain girl has perhaps the best diary scheme of all. Her book is only an ordinary square blank book. There is nothing cut-and-dried about it. She writes nothing in it except what is sure to be interesting. Her own personal feelings and personal views are rigidly excluded, but whatever has happened which is really interesting, she puts down in a more or less literary form.

Here are in balm the clever sayings of the children who visit in the family. Does she go to a dinner? Here are the anecdotes which were told there. Was there a distinguished man or woman present? Here is a full account of his or her dress and appearance and conversation. Has there been a spicy discussion in the family? Here are the arguments pro and con, put down with as much humor as the writer can command.

A special stress has been laid in this "diary." If this name is permissible, on stories of animals. Every pet bird or cat or dog which has shown any brightness, in the home or among the neighbors, is described in full. As there are many cameras among the friends, illustrations are creeping into the book.

Here is a specimen page of this girl's record. She is of high-school age only, and it will be seen that she is giving herself, without knowing it, a pretty good training for future "authorship."

"September 10. Little Evelyn, three years old, made us a visit this afternoon with her mother. She dropped a book making a great noise. She apologized in confusion, saying: 'I didn't do it, mamma. It dooded itself.' We passed some fudge which we girls had just been making. Evelyn asked her mother: 'Can I have much?' She said: 'So much,' and gave her one piece. Evelyn looked cruelly disappointed and asked, with a quivering lip: 'Can't I have a little mucher than that?' We showed her a picture of father when he was a baby. She asked: 'Why was Mr. Smith a baby once?' 'Yes. 'Were you a baby once?' 'Yes, everybody was a baby once.' Evelyn looked perfectly bewildered. After a moment's thought, she asked: 'Who got the brekkis (breakfast) then?' Her mother keeps no servants."

"September 15. Our class in literature have just been learning Mrs. Browning's 'Bertha in the Lane.' We decided that it was all right to call it a classic, and that it has a lot of 'feeling' and some fine lines. But we thought it was pretty bad to rhyme 'aloo' with

'of' and 'afraid' with 'bed.' We had a great talk about what made poetry, because most of the great poems break all the rules, and the greatest poets write so much that is silly and dull. We are going to read a lot of essays about it."

"September 20. It is getting cold enough to have the open fire. Last night the bells came over, and it seemed like old times to hear them talk. As Agnes Todd's engagement has just been broken, that was one of the chief things we talked about. Nobody knows just why it happened, but we all agreed that it was foolish to make such a fuss as most people do over an engagement. Mr. Bell said he could think of four engagements in town within the last few years which had been announced with a flourish of trumpets, and been celebrated with presents and parties on all sides, and then a little later, they had been declared 'off.' Every one of us had made Agnes Todd a nice present. We are all trying to decide what we will do, as there are two Bell girls and four of us sisters. If you don't announce your engagement, you don't get any presents. I have put it down here, because we want to be sure to talk it over again."

It can be seen that this young lady's method of chronicling events has literary and amusing features which are lacking in the ordinary old-fashioned diary. In the right hands, such a "commonplace book" might be developed into "a joy forever."

INDIANS OBSERVE THE DAY.

Moquis Celebrated Christmas Long Before Columbus Came to Discover America.

In the course of studies of Christmas observances in America attaches of the government bureau of ethnology have discovered that the festival was known to and strictly observed by the Moqui Indians long before Columbus discovered the continent. What is more, they pursue the practice even to the present day and there is much merry mummery at or about December 25, with exchange of gifts and masquerading by persons who are got up in picturesque costumes to represent supernatural beings.

The St. Nicholas of the Moqui, however, is the sun god, and their festival is to celebrate his commencing return northward from the land of shadows that is supposed to be located in the far south. On the top of the highest building in the town the priest of the sun stands and looks away 100 miles to the southwest, where the great San Francisco mountain uplifts its rocky mass out of the desert. One end of the mountain is prolonged to the Eldon mesa by a series of foothills, and between the end of the mesa and the second series of hills there is a peculiar notch. In this notch is supposed to be the sun house—the place where the sun god has his home.

When the solar orb sinks at nightfall into that notch it has reached its most distant point on the horizon, and the 21st day of December has arrived. Formal notice of the fact is given by the sun priest, and an announcement is made of a general rejoicing. Various divinities, dressed in strange costumes, will appear in the town and the occasion will be signaled by a mystery play symbolizing the struggle of the sun against the powerful devils which try to keep him back and prevent him from returning to the north.

The sun god has a number of dangerous enemies—hostile deities, among whom the most powerful is the great plumed snake. This serpent divinity is of ancient Aztec origin, and was worshiped all over Mexico and Central America in prehistoric times. He was very troublesome in those days, it appears, and on one occasion brought about a deluge which flooded the valley in which the ancestors of the Moqui dwelt. At length he was appeased by the sacrifice of the son and daughter of the chief of the town, but afterward he afflicted the people in other ways, so that they were obliged to migrate northward to Arizona. And even yet they are compelled to perform elaborate annual rites to appease him.

Curious Indian Custom.

Many strange Indian tribes live around Hudson bay. The Cree and Nas-copie Indians are among these tribes, who have a peculiar custom in regard to their dead. As soon as one of their number is dead, the surviving relatives place the dead man in a box, which they beg from the Hudson Bay company. The size is of no account. In this box is placed, with a loaded gun, a powder horn, a tobacco pouch, a flint, stone for striking fire, the snow shoes for travel and an ax. This box is then carried to the top of the nearest hill and set there with stones upon the top of it. For ten days it is left undisturbed, and then the relatives remove the gun and other valuables, believing that by that time the dead one has reached the happy hunting grounds and has no further use for them.

China's Empress.

The dowager empress of China is only a secondary wife in the household of her husband, who died 40 years ago, but her individuality is so powerful that she became without any trouble the head of the imperial household. Her subjects are almost as numerous as all the people in Europe.

No Presents.

The emperor and empress of Germany have let it be understood that they will not receive presents of any kind on the twenty-fifth anniversary of their wedding, which will occur next year. Contributions of money are to be accepted and will be devoted to charitable purposes.

Inquisitive.

Wilfred—Everybody is talking about Christmas Eve now, ain't they, ma?

Mamma—Yes, my dear; what of it?

Wilfred—Where does Christmas Adam come in?—N. Y. Times.

The Principle and Practice of Health

By EDWARD B. WARMAN

(Author "Scientific Physical Training," Former Editor Health Department Ladies' Home Journal.)

(Copyright, 1906, by E. B. Warman.)

Deep Breathing Essential to Health—Most People Too Lazy to Breathe—Heart Failure Often Due to Overloaded Stomach—Fill the Lungs More, the Stomach Less—Those with Weak Hearts Should Avoid Running—To Hold the Breath Is Injurious—Don't Breathe Through the Mouth.

We may live days without food, hours without water, but only a few moments without air. When God made man, the finishing touch was "The Breath of Life." When man "shuffles off this mortal coil," the last thing he gives up is breath. Therefore, breath is paramount. Yet, strange as it may seem, all the way from the cradle to the grave, there is no one thing on which man so economizes as on this freest of all free gifts—fresh air. It is shut out from the home, the office, the workshop, the church, the school, the theater, etc., as though it were a veritable foe.

Deep, full, diaphragmatic breathing is essential for health. The upper chest should be raised and fixed muscularly; that is, wholly independent of the breathing. The diaphragm is one of the strongest muscles of the body, extending through the body from side to side (attached to the lower ribs) and from front to back (attached to the sternum—breastbone—in front, and along the sides of the lower part of the spinal column in the back). It arches in the center and separates the cavity of the chest from that of the abdomen. It forms, as it were, a floor for the lungs and a roof to the abdomen—the heart and lungs above; the liver, stomach, etc., beneath. Correct breathing means a strong action of the waist muscles (front, sides and back) at, not below, the waist line. So-called abdominal breathing (moving the lower walls of the abdomen) is not abdominal but abominable, and often results in injury. If you wish to secure correct abdominal breathing, lie flat upon your back, place a heavy book, or other object (or have some one sit upon you) about over the pit of the stomach. Breathe slowly and deeply enough to raise the object while the upper chest, in its correct position, remains immovable.

Deep Breathing Essential to Health.

Full use of the lungs always means strength. Throughout the brute creation, from the mouse which breathes 150 times a minute, to the elephant which breathes only six times a minute, one rule holds good: the larger and stronger the animal, the more slowly and deeply it breathes.

The same applies with equal force to man. The greatest men of all times and countries—Napoleon, Luther, Cromwell, Webster, Gladstone; these and many more were big-chested, deep-breathing men. The great statesman, Bismarck; the great preachers, Beecher, Brooks, Spurgeon, etc.; the great actors, Salvini, Forrest, McCullough, etc.; the great pugilists, Sullivan, Jeffries, etc.; these are but types of men with one thing in common—the fully developed chest and lungs with the resultant vitality.

The Great Blood Purifier.

Consider for a moment, the fact that the blood makes the entire circuit of the body about three times every minute, leaving the heart a pure red and returning almost black with its load of impurities, and then passed on again through the lungs for the purpose of purification. How essential, then, that the lungs should receive their full medium of pure air.

When you inhale, the heart contracts and forces out the blood; when you exhale, the heart expands and receives the blood. Therefore, deep, full breathing in the open air is the greatest blood purifier in the world, for we are drawing upon the great universal reservoir of life. But do not delude yourself with the idea that merely being in the fresh air will suffice. Some men are in the fresh air all day, but never take a deep inhalation unless the nature of the work is such as to compel them to do so.

Any movement that we perform that requires more than the customary muscular action calls, of course, for more blood. The blood is the food of the muscles. Inasmuch as the amount of blood in the body is more or less limited, this extra quantity can be supplied only by passing more of it through the muscles in an equal time. Therefore the heart must beat more quickly; but the rapid flow of blood occurs all over the body and, naturally, the lungs participate in it. It will be seen that if the blood-flow through the lungs is increased, the air supply must also be increased if the blood is to be purified. To secure this, the amount of air entering the lungs must be augmented which can be accomplished only by fuller breathing.

Breathing Exercises.

As a rule, I do not believe in them—as exercises—except for an invalid. If you are able-bodied (especially able-bodied), instead of "standing up" or "sitting down" and "going through" a series of exercises, "twere far better to walk briskly or take some form of vigorous exercise that will compel the breathing to "go through" you. Increased respiration, not forced, is the aim; for forced respiration (as in regular breathing exercises) defeats

the very object it seeks to attain. Without increase in the circulation of the blood, the overdistended air cells occlude the blood vessels and force the blood back so the oxygen cannot reach it and the imprisoned gas cannot escape. This causes the dizziness which results from forced respiration. The desired end is obtained when both air and blood circulate freely in and through the lungs. This, as I have said, is best accomplished through some vigorous action.

But the majority of people are too lazy to breathe; too lazy to take the kind of exercise that requires the deep, full inhalations. They get along with just as little air as possible, go blocks out of the way to avoid climbing a hill and, in so doing, never experience the exhilarating influence and buoyancy of diaphragmatic breathing. If they do manage to run a short distance, for a street car, they blow and wheeze like a wind-broken horse.

Heart Failure.

There's many a case of so-called heart failure that is nothing more than an over-loaded, distended stomach crowding upon and thus interfering with the functions of the heart. My advice is—fill the lungs more and the stomach less.

Is your heart weak? If so, seek the cause, but do not let up in exercise. If you do not exercise your lungs they will weaken by insufficient use; if you do not exercise your stomach but, instead, ignore its functions by forcing predigested food upon the poor, helpless thing, it may fail you when you most need it; if you do not exercise your muscles they will atrophy by non-use. Your heart is a muscle. It needs a certain amount of exercise to increase its strength. It is a hard working organ. The only rest it ever gets all through life is the trifling interval between two heart beats.

I would suggest that your work be vigorous, not violent. Take a brisk walk (preferably on an empty stomach—your own). Increase the rate of speed compatible with safety. Each beat sends the blood through the vessels at a higher pressure. A heart which is strong and healthy responds not by beating still faster but by contracting more powerfully. If you begin to get short of breath, slacken your pace without actually stopping, and you will perceptibly feel that a balance has been struck. You will find the hill-climbing a blessing instead of a curse—if you use judgment and keep your mouth shut. You can soon get so that you can occasionally indulge in a dog-trot for a short distance. All forms of running, however, require a strong heart. Mountaineering makes the largest demand upon the nervous system; rowing, upon the respiratory organs; cycling, upon the circulatory organs; running makes a demand upon all of these and especially the heart.

While walking, running or otherwise exercising avoid holding the breath unduly. It is decidedly detrimental so to do. Learn to control your diaphragm and you will have no difficulty to govern your breathing and cause it to be rhythmical instead of spasmodic.

To hold your breath when exercising is to let your muscles tear down at a rapid rate. The carbon dioxide accumulates very fast in the muscles and if you shut off the supply of blood or impoverish it, particularly during vigorous exercise, it is surely a tearing down process; whereas, if you breathe continuously and rhythmically, fresh blood flows to the parts exercised.

The lack of usual supply of oxygen leads to a stimulation of the cardio-inhibitory center of the medulla and thus, through the pneumogastric nerve, slows the heart beat. The real danger, therefore, in holding the breath too long (so long as to cause a deep, gasping inhalation to follow) is the overworking of the valves of the heart when the rush of blood follows the temporary cessation of breathing.

Another reason for diaphragmatic breathing during vigorous exercise is because of the beneficial effect upon the liver. The movements of the diaphragm facilitate the flow of blood through the liver brought to it by the valveless portal vein. A deep inspiration sucks the blood into the liver while the expiration expels it with a jet. Therefore, liver indigestion, due to an imperfect supply of oxygen, is thus benefited by the deep, full breathing caused by vigorous exercise.

Mouth Breathing.

It was a Roman satirist who wrote: "He who breathes through his mouth takes into his lungs more of death than of life." The saying is as true today as it was in the day of the Caesars.

A dog breathes through his mouth, but he holds a license from nature. The innumerable pores of his tongue serve the same office for him in respiration as do the pores of the skin for us.

A mouth-breather is always a shallow breather, using only the upper lobe of his lungs. I have long contemplated writing a book of 365 pages (one for each day of the year) and on every page I would give a practical lesson on hygiene. That lesson would consist of just three words and those three words would be the same on every page—SHUT YOUR MOUTH.

How much of evil effects, physically, would be avoided by heeding this advice. And what a world of sorrow would be saved if we would keep the mouth shut—when angry.

Do not breathe through your mouth even at night, when asleep, if you wish to preserve the teeth. If you cannot keep it shut in any other way, do as the Indians with their papooses—tie it shut.

When you go from a warm room to an atmosphere less warm be sure to keep the mouth closed to prevent the cool or cold air going directly to the lungs and thereby causing congestion.

A READING COURSE

HOW TO PLAN ONE THAT IS PROFITABLE.

A Timely Topics Course—The Age of Elizabeth Offers Interesting Field—Biography the Best Medium for History—To Understand the Present, We Must Know the Past—Devoted Study of a Single Author Enlarges One's Vocabulary—Talk Over What Has Been Read.

BY MARGARET E. SANGSTER.

(Copyright, 1906, by Joseph B. Bowles.)

It is perfectly possible to spend as much valuable time in planning what you are going to read or study, that the time will all slip away, without your getting any actual results. The temptation to a book lover to skiff along the edges of literature, culling here a fruit and there a flower, is very insidious.

If you visit a library, its very wealth augments your difficulty. You stand irresolute among the infinite intellectual riches of many lands and ages. You want to grasp so much that, like the child who comes home from a daisy field with empty hands, having dropped her flowers by the wayside, you have nothing to show for your longing and your labors at the end of the season.

I assume that my reader desires to read for profit. First, this being the case, he must decide on the department that shall enlist his time and thought.

At present the far east presents an inviting avenue for exploration and discovery. During many months the world has been standing aghast while Russia and Japan at a prodigious expense of human life and a lavish outlay of treasure, have stubbornly fought for dominion. As Kipling sings, so have we seen it proved:

"O East is East, and West is West,
And never the twain shall meet,
Till earth and sky stand presently
At God's great judgment-seat."

They have met in battle with the hurrying shock of mighty seas, and the end is not yet. It behooves those who would read the signs of the times clearly and know the world history, that is making day by day in our sight, to read about Russia, and to read about Japan. The long history of each nation starting from a remote and shadowy past, can be found on the shelves of any public library, and current literature shows a crop of recent volumes giving the modern point of view of each nation, both from within and from without.

You cannot put your winter evenings to better use than to spend them by the lamp, in the Sunrise Kingdom, or in the strange medieval Russia, that is an anachronism in Europe in 1905.

Historical Reading.

But if you wish to sail on another tack, trim your course accordingly. Perhaps the England of Queen Elizabeth has loomed before you like an enchanted land. The Elizabethan period is so full of contrasts with our own; it is so pregnant with issues that have since brought forth great triumphs in later days; it has so vast a gallery of heroic figures, that it cannot be exhausted by one student in one season.

Historic periods are really best studied by groups, who meet in clubs and circles, one set of students taking up one phase and another selecting an opposite or a harmonious aspect of the wonderful reign and realm. The maiden queen who held the scepter and the center of the stage so long and so brilliantly was the daughter of Henry VIII. and the ill-fated Anne Boleyn. What did she derive from her ancestry? In what did she, a Protestant, differ when it came down to the sheer womanly quality of her character, from her sister, the Catholic Mary, whose mother was Katherine of Aragon? Just here you will probably wish to read Shakespeare's Henry VIII. Froude's pages will set the unseen scene of those thrilling times vividly before you. You will not fail to read the wonderful story of Mary, Queen of Scots, that daughter of France who ruled rough Scottish nobles and peasants, who was more loved and more loathed than any other woman in history, whose long imprisonment and cruel death were tragic beyond words, and whose beauty is as that of Helen of Troy in the world's belief to this day.

You will find history, science, essays and poetry arranging themselves around the personality of Elizabeth. In planning a course of reading, it is usually best to get hold of some strong human interest. This lends a touch of verity to science, and forms a starting-point in political economy, and in inventions and discoveries.

In reading of a man and his times, note dates and places, and fix them firmly in the memory by writing them down. Biography is the most illuminating medium in which to read history.

The whole story of the civil war is told in the memoirs of the great soldiers who fought so bravely on either side, Grant, Lee, Jackson, Burnside, Meade.

Their annals are the annals of the conflict. So it is with the great naval commanders. So, in reading the lives of Lincoln, Jefferson and Washington you read the brilliant story of our grand republic. Most people enjoy reading about real men and real events and real episodes, as they are inwoven with stirring and thrilling periods of the past. We cannot understand the present unless we have some familiarity with the past, out of which the present has grown.

I would suggest, however, taking a

single author, and steeping the mind with his works. Have a Stevenson winter, for example, or a Carlyle winter. For Robert Louis Stevenson, in whom there is so much variety, versatility and "deep-veined humanity," a winter is not too much. He is the modern successor of Sir Walter Scott, and the predecessor of the writers of romance who have lately been prominent. The novels of wild adventure, and hair-breadth escapes and desperate dare-devil recklessness, that have partially illustrated authentic history, owe their inception to Stevenson, who set the pace.

Read "Kidnapped" and "David Balfour" first; then read "Prince Otto," "The Story of Dr. Jekyll and Mr. Hyde," "Treasure Island," and so on. Read the wonderful stories of travel and the subtly fine essays and criticisms, and, last of all, inverting the order in this case, read Stevenson's own brave life, as told in his biography.

You will find your horizon broadened, your imagination fired, your vocabulary enlarged by an absorbed and devoted study of a single author during a stated period. This, too, is a very good plan to pursue in family reading, for which the long evenings give opportunity. Let one read aloud, while the rest listen, and talk over what has been read before the spell of the story has passed away. Children gain much culture by this simple method.

LIGHT IS NOT NEEDED.

Scientists Say That the Sun's Effect on Man in Most Cases Is Bad.

Dr. Charles E. Woodruff has made an exceedingly interesting investigation of the effects of tropical light on white men. The origin of his investigation, says the Chicago Tribune, was an attempt to prove or disprove the theory that the skin pigmentation of man served to exclude the short or actinic rays of light, whose action is to destroy living protoplasm.

If this theory is true it will explain at once many anthropological riddles. We find in it a reason why white men, while capital colonizers in cold or temperate regions and sagacious administrators of tropical colonies, have failed when they attempted to colonize in hot countries; why blond types prevail in the cloudy, almost sunless regions of the north of Europe, brunette types in the dazzling light countries bordering on the Mediterranean, and the negro in Central Africa; and why the type is less blond than that of the countryman who has during a large portion of his outdoor life the protection of woodland and orchard.

Dr. Woodruff soon felt bound to admit that the sun is not the beneficent deity we thought him to be as we worshiped, but that he delights in sacrifices and slays ruthlessly those who trust him. It is hard to believe that man does not need light, and it is almost a shock to be made to realize that "the vast majority of land animals live in absolute darkness. Yet Dr. Woodruff leaves little reason to doubt his statements. For, besides the cogency of his reasoning from universally accepted facts, he fairly bristles with authorities whom he cites in support of his position.

ENGLISH FAMILY PRESTIGE.

Wealth Is No More Venerated in England Than It Is in America.

The greater and greatest nobles are established in a fear which, says the North American Review, is very like what the fear of God used to be when the common people feared Him; and, though they are potent political magnets, they mainly rule as the king himself does, through the secular reverence of those beneath them for their titles and the visible images of their state. They are wealthy men, of course, with so much substance that, when one now and then attempts to waste it, he can hardly do so; but their wealth alone would not establish them in the popular regard. His wealth does no such effect for Mr. Astor in England; and mere money, though it is much desired by all, is no more venerated in the person of its possessor than it is with us. It is ancestry. It is the long uncontestable primacy of families first in their place, time out of mind, that lays its resistless hold upon the fancy and bows the spirit before it. By means of this comes the sovereign effect in the political as well as the social state; for, though the people vote into or out of power those who vote other people into or out of the administration, it is always—or so nearly always that the exception proves the rule—family that rules, from the king down to the last attaché of the most unimportant embassy.

First MoHo Railway.

On the Coney island meadows there still stands sections of the structure of the first single rail system built in this country, which was to convey holiday seekers to the seashore at the rate of a mile a minute. In Cheshunt, England, there are still standing some traces of a single track road which was built in 1825 and which was in use for a time. The principles upon which the road was built did not largely differ from the methods now being tried in various parts of Europe, and it is recorded that a single horse could draw seven loaded cars along the line. It is curious that in spite of the success of this pioneer line no great development should have been made since then.

No Sunday Cars.

Dundee is the only large town in Scotland which has no Sunday street car service. Some time ago a vote, taken by the citizens resulted in a majority against running cars on Sunday.

WEATHER FORECAST:

Tomorrow:
Fair.

THE EVENING NEWS.

TEMPERATURE TODAY:

At 3 p. m., 82 degrees.

DEVOTED TO MAKING ADA A LARGER AND MORE PROGRESSIVE CITY

VOLUME 3

ADA, INDIAN TERRITORY, FRIDAY EVENING, JULY 20, 1906

NUMBER 102

ROFF ENTERTAINS OLD SOLDIERS MOST ROYALLY

Staff Special to the Evening News.

Roff, I. T., July 20.—These are gala hours in the city of Roff. The big three-days reunion of Confederate Veterans began yesterday most auspiciously and it promises to grow bigger continuously until the end Saturday.

Roff is giving a beautiful object lesson in the art of entertaining. Her preparations were on a big scale, were thorough and consummately tactful. Every citizen of the town is a busy, resourceful, smiling, gracious host. Long tables fairly groan under their burden of toothsome viands, the table service is excellent, and no accommodation is lacking for the comfort and pleasure of the people.

The elaborate arrangements are fully justified by the immense attendance from various parts of the Chickasaw nation, and even beyond.

The principal speaker on yesterday's program was Hon. D. H. Linebaugh, of Atoka. His was a magnificent effort which delighted the big audience. Though it is an open secret among his friends that Mr. Linebaugh will make the race for the democratic nomination for congress, in the utmost good taste he refrained, in his speech, from any reference whatever to partisan politics or to his candidacy. However the fact of his candidacy afterwards leaked out and the complimentary remarks copiously made by his hearers would have tended to turn any man's head not so well balanced as Linebaugh's. The young Atoka attorney was quite the toast of the day.

Dr. Fife, a brilliant evangelist of Kansas City, delivered a fine address in the afternoon and was heard with full appreciation.

A superb band is one of Roff's most valuable assets. On this occasion naturally the band boys shine resplendent. They are a splendid bunch of fellows and render splendid music. When not entertaining with their instruments they entertain otherwise, whether it be making love to the ladies or serving Veterans and others at table or tank.

The Ladies of Honor representing the Veterans and Sons of Veterans make an attractive group and are filling their respective positions charmingly. Those appointed for the Veterans by Gen. Whit Hayden are Miss Dovie Faris, East Chickasaw nation, with sweet little Miss Hyden as Maid of Honor; the Sponsors and Maids of Honor for the Sons are, Misses Ethel Richardson, Nova Harbert and Irene McPherson.

The election of Brigade Commander occurs Saturday. Their respective friends are boosting for this honor Captain Vaden, of Roff; Captain Hargis, of Ada, and Captain Whit Hayden, the present commander.

Ousted Negro Delegates.

Chickasha, I. T., July 20. The Republican convention of the Nineteenth Recording District was held here yesterday, an executive committee was chosen and a platform adopted. The most significant feature was the refusal to recognize the negro delegates.

After a hard fight the negroes left the hall, and it was declared that the policy would be to make the Republican party in this district a white man's party.

THE REVIVAL.

Bro. Oliver Delivers a Strong Sermon on Prayer—Asking in Faith.

On account of the mass meeting at the court house and the threatening rain clouds the crowd at the tabernacle last evening was much smaller than usual. But the sermon was none the less better because of the small attendance.

Mr. Oliver's text was found in Mark, 11:24—"What thing soever ye desire when ye pray, believe that ye receive them and ye shall have them." He began by telling how and why the will of God is the foundation stone upon which all true prayer rests. "His will should be the guiding rule of every christian life. There should be no obstacle in the way of the desires of a true child of God. Praying for unsaved men is the will of God."

Mr. Oliver said that in prayer the desire means everything. A petition to God, with many people, is drudgery. He said many people were like the man who had his prayer written out and tacked to the wall and every night just before retiring he would point to the petition and say, "Lord, them is my sentiments."

Mr. Oliver continued by showing how many prayers may be blasphemy. "If the heart is not right God will not hear. There must be a longing desire, a burden, an earnestness, or our prayers avail nothing."

Here the evangelist gave several real and practical illustrations to demonstrate how earnestness, and faith meant all in a petition to God.

"God will give victory and save the un-Godly when the christians are in earnest about their salvation. The children of God must show a concern, a burning interest for their lost relatives and neighbors before God will honor their prayer for their salvation."

"No wonder Ada is without a revival. There are too many dry eyes!" He made an impassioned appeal to the christians to go to God in prayer. "He will answer prayer. Storm heaven for the unsaved and God will give the answer."

Here Bro. Oliver asked the fathers if they were interested in their sons. And the mothers, were they anxious about their daughters. "The family name will not save your boy. God alone can save him," was the emphatic warning given to the fathers and mothers present. He asked the mothers where their daughters were tonight, and urged that parents should be consistent in the home. That fathers and mothers must show concern about their children before they can see them saved.

Bro. Oliver is a man of prayer. It tells on him in his every utterance. "Faith gives the assurance that prayer is heard. Experience proves that God does hear and answer prayer."

We guarantee our Cupid flour. No. 17. Walsh. 95-11

They play ball! Last season's record of the Boston Bloomer Girls: Games played 173; won 96; lost 67; tie games 10; Longest game was a 15 inning contest at Dennison, Iowa, in which neither side scored. -11

16TH DISTRICT ARRANGES TO TAKE ITS OWN CENSUS

The U. S. court room Thursday night was filled almost to suffocation with sweltering citizens of the 16th Recording District eager to hear Judge W. H. H. Clayton and to assist him in the task of districting this section for the constitutional convention.

The attendance was large despite the confusion of dates for the meeting. The judge had originally called it for Thursday morning. Not being able to reach here on time, he wired to Ada postponing the date till Friday morning; however he arrived last afternoon and the gathering was hurriedly called for night. These changes resulted in many out-of-town people not being present, though many were anxious to attend. The assemblage, however, was made right representative by the presence of a number of Republicans from various precincts who were holding the district convention of the party.

The gathering was called to order by Mayor Wood, who briefly stated its purpose. The mayor was nominated for chairman and elected by acclamation, as was A. H. Constant for secretary.

Judge Clayton was then introduced to the audience and he, in an address of some length, proceeded to explain the object of his coming. First, however, he made some general observations regarding the political situation in the Territory. He exhorted the men of the two great parties, while they engage in a mighty, manly contest for supremacy in the new state, not to let partisan bitterness be engendered, but to permit the utmost friendly feeling to prevail, whatever be the outcome. The county seat contests are giving the districting board the greatest trouble. "Every hamlet with a handful of inhabitants," said the judge, "wants a county seat, and so insistent is the ambition of all the towns in this regard that they are bitterly hating and fighting one another." He would have it understood that the board has nothing whatever to do with the locating of county seats, it being a matter entirely for the constitutional convention.

He pointed out the grave danger of dividing the territory into small counties with small taxable wealth, thereby necessitating an enormous rate of taxation to support the county governments. Let the counties be large, he urged, and taxes moderate; by all means let the farmers frown down these petty county seat feuds.

In conclusion Judge Clayton explained what he wanted our citizens to do. He wanted them to appoint a central committee of six or eight, half of them Republicans and half Democrats, who should select from each of our twenty-six townships a reliable person to take a hurried census of his township and return same to the central committee, who in turn would certify the total district population to the Districting Board.

A motion prevailed that the chair appoint the committee. It appeared that the other towns of the District were not fully represented, so finally a motion was made and carried to adjourn until 11:00 o'clock Friday when citizens from other points would be present.

Chairman Woods called the meeting to order at 11:00 a. m., and proceeded

Remember!

Fellow Citizens:—Indian Territory is entering a new epoch; the dawn of home government approaches. From now on momentous things will continually be taking place in the new state, in every county and recording district. To do your duty as a citizen you must keep informed on these happenings. The Ada Weekly News makes a specialty of new state news; and as for the occurrences of the 16th Recording District, such are the News' facilities that no other paper can possibly compete with it in that field. Take the News for a \$1.00

to name a committee of six whose duty it would be to select twenty-eight census enumerators for the 16th Recording District. Those appointed were: Democrats—Geo. Harrison, Ada; Nick Heard, Stonewall; W. H. Ellison, Maxwell. Republicans—Ed Brents, Ada; Jno. A. Clark, Roff; Jno. I. McCool, Roff.

The above committee are at work this afternoon selecting the several census enumerators, which will be published Saturday.

On motion of Tom D. McKeown and second by C. Weaver, the committee of six were empowered to provide funds for the purpose of defraying the expenses of taking the census.

THE BOSTON BLOOMERS.

Ladies' Champion Base Ball Club of the World.

One of the most exciting and interesting games of the season will take place in this city on Tuesday, July 24. The opponents of the local team will be the famous and original Boston Bloomer Girls. This team was first organized in 1893 by Mr. W. P. Needham, the manager, and judging from the flattering press notices being showered upon them, our boys will have to play ball in order to secure a victory. The ladies have their own palace car and have traveled extensively, having played in all the large cities of U. S. and Canada. The club has been strengthened from year to year and their line-up this season is the equal of anything in the amateur or semi-professional base ball line. Don't fail to see them. Admission 50 cents. Grand stand, extra. -11

J. W. Beard Endorsed.

The Republican convention of the 16th Recording District is session Thursday endorsed Jno. W. Beard of Ada, as election commissioner for this district. Mr. Beard is one of the very best Republicans in the Ada country and if he gets the place the people may count on a square deal.

Are You Irish?

I have a patch 200x140 feet underlaid with a mine of fine Irish potatoes. In this patch there are several fruit trees and around it a few rank weeds. To anyone who will cut the weeds and clear the ground and trees in good condition, I will give the potatoes. Call today prepared to do the work this week. Otis B. Weaver.



WE ARE NOW

Turning out the finest ice cream in this section of country. It is a home product, even the ice that freezes it. When these conditions are facts why not use home manufactured cream?

CRYSTAL ICE CREAM COMPANY



A WOMAN'S DELIGHT

is always expressed if she is pleased. Let her visit our drug store and see the elegant line of PERFUMES, TOILET SOAPS AND WATER we carry, and she will be more than delighted. We also carry a line of fine candies in boxes.

G. M. RAMSEY, Druggist. (Successor to Clark Drug Co.)

A Timely Suggestion

To Property Owners and Mortgagees:

Tornadoes and wind-storms have destroyed millions of dollars worth of property. In a few moments the savings of a lifetime disappear. Your property, or that held in trust by you, may at any time be similarly damaged or destroyed.

How would you be affected by such a loss? Are you insured?

A liberal form of contract protecting you in such an emergency can be had at low rates of premium from

OTIS B. WEAVER,
FIRE INSURANCE AGENT.

PAUL W. ALLEN,

Livery, Feed and Sale Stable.

Horse Boarded by Day or Week.

Satisfaction Guaranteed. Best of Service.

Allen Livery Barn

South Townsend Ave., Phone 64.

Patronize Home Industry

By Buying Ice From

Ada Ice and Fuel Co.

Keep Your Money at Home.

We Handle the Best Grades of Coal.

Phone 249.

Office at Ice Plant.

OVERDRAFTS

It is becoming well known by business men that overdrafts, whether large or small, are not approved by the controller of the currency. The large central banks allow overdrafts only in a very small way, and this, it matters not how small, is not approved by the powers that be. This unbusinesslike habit of overdrafts grew out of advancing on moving products, such as cotton, grain and fat stock on the move. The overdraft system is wrong and the man whose account is always overdrawn is the man who spends more money than he makes and will finally have no bank account.

Ada National Bank.

Capital and Surplus, \$83,500.

Ada, Ind. Ter

WHITE SWAN COCOANUT

Is prepared by an entirely new and improved process, contains no adulteration, foreign ingredients or bleach. This process retains all the rich, oily, juicy flavor of the full ripe coconut. One package will make you a lover of Coconut and open to you a whole world of new and dainty desserts. White Swan Brand is a guarantee of goodness and purity. If your grocer does not keep the White Swan Brand, send us his name.

THE WAPLES-PLATTER GROCER COMPANY
DENISON, FORT WORTH, DALLAS



SLUDGE & TOLBERT LUMBER YARD IN ADA

Ada Evening News

OTIS B. WEAVER, PUBLISHER
M. D. STEINER, BUSINESS MGR

Entered as second class mail matter March 28, 1904, at the post office at Ada, Indian Territory under the Act of Congress March 3, 1879.

Advertising rates on application

PRECOCIOUS SENILITY.

Valuable Lives Snuffed Out in Youth and Middle Age by Disease of Age.

Preocious senility, when marked and rapid, is so rare as to be mere academic interest, a pathologic curiosity, such as the recorded instance of children of six years dying with arteriosclerosis and other signs of extreme age, says American Medicine. Even the very uncommon, but a much larger number of milder cases have so long been noted as to have given rise to the axiom that a man is as old as his arteries. These cases deserve more thought than is given to them, not so much to discover cures as to prevent decay, and save to society so many valuable lives which are now snuffed out in the middle age by diseases of the senile. There has been much wild speculation on the subject, chiefly in lay journals, and due, no doubt, to some more or less sensational investigations of Metchnikoff on the causes of normal senility and the possibility of prolonging human life beyond the century mark. Yet it is a serious problem and we should know what is the stimulus which makes one organism go through all its life changes in 50 years, while another under apparently identical conditions lasts 30 years longer.

COLD IS A MINOR FACTOR

In Pneumonia the Huddling Together of People Is More Important

Augustus Wadsworth declares that experience has shown cold to be a minor predisposing factor in the development of pneumonia. The huddling together of people in close quarters is of far more importance, says Medical Record.

The treatment of pneumonia in its present stage may be said to be either very easy or impossible. A careful prophylaxis against disturbances of the digestive tract is of the greatest importance. Many ways of attaining the same results present themselves and the choice in great measure rests with personal experience. The hope of definite results lies in the production of an efficient and specific antiseptic.

It is known that poisonous substances are elaborated by the pneumococcus, but so far the production of an antitoxin corresponding to that used in diphtheria has not been obtained. Pneumonia, however, is the bacteremic disease and as yet in none of this type have satisfactory results been secured in relation to antisera. The hope of success nevertheless is gradually growing brighter.

Compensation.

"I am sorry," said the doctor, "but your little girl will not be able to speak for several days." "Then it will be safe," said the anxious mother, "for me to invite the minister to tea, won't it?"—Sketch

Changed Her Mind.

Stella—I thought you said you would never marry a man with red hair.

Mary—I thought I wouldn't at the time, but he afterward proposed.—Detroit Free Press.

Doctors Endorse It

Long Bros., Druggists, Paducah, Ky., write "We sell more of Dr. Mendenhall's Chill and Fever Cure than all other remedies combined, having retailed over 700 bottles in one season. Physicians here prescribe it and persons who once use it will have no other. Sold by G. M. Ramsey Drug Co.

Accept no Substitute.

There is nothing just as good for Malaria, Chills and Fever as Dr. Mendenhall's Chill and Fever cure. Take it as general tonic and at all times in place of quinine. If it fails to give satisfaction G. M. Ramsey drug Co. will refund your money.

MOTT'S PENNYROYAL PILLS

Safe and reliable, they overcome weak action, increase vigor, banish pain. No remedy is so quick as MOTT'S PENNYROYAL PILLS. Sold by Druggists and Grocers.

FRISCO TIME CARD.

Ada, Ind. Ter.

EAST BOUND TRAINS.

No. 510 Meteor, 4:48 p. m.
No. 512 Eastern Exp., 9:45 a. m.
No. 542 Local Freight, 3:45 p. m.

WEST BOUND TRAINS.

No. 509 Meteor, 4:52 a. m.
No. 511 Texas Pass, 7:15 p. m.
No. 541 Local Freight, 7:45 a. m.

Local freight trains carry passengers provided with permits. Ten per cent saved on the purchase of round trip tickets. I. McNair, Agent.

GERMAN GIRLS' SCHOOLING

No Colleges for Them in Their Own Country, But They Have a "Pension."

The German girl leaves school at about 15 years of age, by which time she has learned to sew, mend, and supposedly to speak English and French. She has not learned higher mathematics, says Modern Women, but she has learned the small things which fit a girl for a housewife or companion, and that, in Germany, is woman's only sphere.

However much we American girls may enjoy our colleges we dare not pity the German girls, for they have something which takes their place and of which we can have no conception until we reside in Germany a few months.

Did you ever hear of a pension? It is one of the most enjoyable things which exists. Certain influential ladies, mostly widows or maiden aunts, make known that they are willing to take a limited number of young ladies into their family.

We went to Hanover, two of us girls with a horror and dread of a boarding school, as we heard a pension described. We found ourselves in a family of eight girls, all from the very best class of Germans, and all placed under Frau von H—'s care for a year or more.

None of the girls had any special object in life, a few wanted to learn how to keep house, a few indulged in an hour's music lesson per week, but most of them came, as is the German custom, for the sake of becoming polished, and being escorted to concerts, theaters, balls, receptions, student Kneipes, etc., opportunities not afforded in smaller cities, and even not in many cities that are larger than Hanover.

Subsequently our chaperon accepted invitations for her girls, parties were given and the great intimate family spent a year full of pleasure.

HORSE AND HORSELESS.

The Animal and the Auto Each Do the Other an Occasional Good Turn.

A farmer in Cadis, Ind., recently jacked up his automobile to serve in lieu of a broken engine in the shelling of corn and cutting of fodder for his live stock and horses. The latter partook of their share of the feed without showing any hard feeling toward their deadly rival, the auto.

One man who has been touring the country says that the horses have accepted the automobile more gracefully than the farmers have.

He tells the story of an automobilist who met an elderly couple driving a skittish horse which decidedly objected to passing the unknown vehicle. The driver of the car stopped to offer his aid, but the man declined it with the remark:

"If you'll lead my old woman by, I guess the horse and I can make it all right."

Another horse and horseless yarn comes from a man in Oregon. He says:

"When I bought my car, I marveled that the company could sell it for \$1,550. Now I marvel that they could sell it at any price. Marveling is the cheapest part of the proposition, I find."

"My particular marvel out in my barn reminds me of the man who built so much stone fence in one day that it took him two days to walk back to where he began. My car will take me—sometimes—so far from home in two hours that it takes the rest of the day for me to drive home with a provisionally hired horse."

FACTS ABOUT SAFETY PIN.

Obliging Clerk Imparts Interesting Information Concerning the Article.

"One dozen safety pins. Twelve cents. Thank you, madam," said the clerk. "Your change will be here in one moment."

She was very pretty. He was young. A conversation sprang up.

"There is a strange story connected with the safety pin," the clerk said. "An Englishman invented this pin some 30 or 40 years ago. For this admirable invention he was highly honored. Pete and applause were showered upon him. If I am not mistaken, the man was even knighted."

"And about three years ago, in excavating in Pompeii, they came upon—what do you think? A perfect safety pin. Hundreds of perfect bronze safety pins. The Englishman's invention wasn't new at all. It was 2,000 years old."

"The man had been feted and honored all his life, he had even been knighted, for an invention that he didn't invent."

MIKADO'S SELF DENIAL.

Refused Feast in Palace While His Soldiers Were Freezing in the Field.

In the bitter cold of last winter—1904-1905—the mikado not content with the fullest official reports, sent his grand master to look into the conditions at the front, to ascertain by visiting every camp and outpost, how the soldiers were faring. When Count Mikata returned with his harrowing tale of frightful suffering caused by the cold, the emperor was broken-hearted, says World's Work. Nothing more could be done—the Manchurian winter must drag its icy season through—but the emperor would not take his ease while his men were freezing, and the order to discontinue all heating of the palace till the war should be over showed that his sympathy was with them day by day.

AMERICAN ARTISTS ABROAD

Their Merit Recognized and Rewarded Earlier Than It Is at Home.

Once more an American artist's picture holds the place of honor at the exhibition of the Royal Academy in London. Sargent had attained that honor; now it is Abbey's turn, with a picture distinctly American in subject, representing Columbus landing in the new world. Several other well-known American artists figure among the notable exhibitors. In the two annual picture shows now open in Paris, the same fact is true, reports the New York World.

American artists frequently complain, as do singers and musicians, that the surest way to distinction at home is recognition abroad. The protest implies that merit is not so readily accepted here as merit as it is in France and England.

The distinction attained by Sargent in London has done more than all his early successes in this country to assure his preeminence. The same may be said to be true of Abbey, although fame came to him easy as an illustrator. Something may be due to the circumstance that for years both have done most of their work abroad. Beyond a doubt, however, art is viewed far more hospitably in Paris and London than in New York. We have yet no art exhibitions that occupy so large a place in popular life as the regular shows of the two foreign capitals.

It is noteworthy also that more contemporary American artists have room in the Luxembourg museum, where living painters must await admission to the Louvre, than in our own Metropolitan. The Paris list counts about 25, among them Whistler, Sargent, Winslow Homer, La Farge, Alexander Harrison, Henry Mosler, Walter MacEwen, Carl Melchers, Miss Cassatt, Edwin L. Weeks and H. O. Tanner.

Under the old management American artists were treated with suspicion at the Metropolitan. It was sometimes difficult to get their works through the museum's doors even as gifts.

Fortunately, all that is being rapidly changed. Sir Purdon Clarke advocates the necessity of building up a representative American collection. Mr. George A. Hearn has donated a large fund, of which the income is reserved for the purchase of American works. It is a curious commentary on American taste that it was not until a foreign director was put in charge of the Metropolitan that American artists were promised something of the same public recognition they receive from the French government.

TURKEY WITH WOODEN LEG

Tale of a Gobbler That Smacks Somewhat of the Munchausen Flavor.

In most communities there are certain persons who possess peculiar characteristics, habits and beliefs, and this is true of the 'long shore sportsman of the old Mother State as of persons dwelling elsewhere, says Forest and Stream.

Many of the old time sportsmen still carry and use their muzzle loading guns, which cannot be displaced by more modern arms. They usually manage to bag a good many birds and other game, and this is chiefly due, it is believed, to their knowledge of the habits of the game. They seldom go out without finding something.

A story is told of one gunner who if any of the shot should fall from his hands while loading his gun will at once return home and make no further effort to hunt that day, believing as he says, that those lost were his luck shot, and it would be useless for him to continue the hunt.

Another, whom I will call here Capt. Pete, is a sailor and all round sportsman. He loves to tell of his adventures with his dogs and gun, and is seldom seen without them. He tells many stories about the accuracy of Sweet Lips, his gun, and declares he can beat any man "a-shootin' for a turkey in the United States of Virginia."

On the occasion of a turkey hunt near the Rappahannock river Capt. Pete claims to have shot a 40-pound wild turkey, for which he was offered \$4 cash. The gray whiskers on the turkey's breast were 18 inches long, and he had one wooden leg. Here Capt. Pete gives a laugh that could be heard a half mile away. "Sar, he was the biggest turkey I ever saw. There were 15 fellows in the bunch of us, and four others besides, and all ate a sumptuous meal from one-half of his breast."

Uncle Pete says he cannot account for that one wooden leg unless that turkey had been previously owned by some one as a pet wild turkey.

Natural Arm Chair.

A gardener in Korea has formed a natural arm-chair by twisting a growing vine to the required shape. It is also studded with seeds of the gingko tree, which have grown into the fiber of the vine. After the chair was fashioned in this way it was cut from the ground, dried and polished until it resembled mahogany. It is 3 feet 4 inches high, 25 inches wide and weighs over 100 pounds.

Banquet in a Coal Mine.

Lord Northcote, governor general of Australia, was entertained to a banquet in a coal mine at Newcastle, New South Wales. The banqueting hall was 300 feet below the surface.

No Student of Shakespeare.

"What is your favorite play?" asked the girl who quoted Shakespeare. "Well," answered the youth with long hair, "I believe I like to see a man steal second as well as anything."—Washington Star.

MIGRATION OF WILD GEESE

How the Old Leader of a Flock Gathers It and Starts on Its Journey.

At the end of March or during the first week in April all the gray geese in the Outer Hebrides collect in one place before taking their departure for their nesting haunts within the Arctic circle.

To estimate their numbers is impossible, and to behold this vast concourse of geese as one of the sights of a lifetime. The vast host of birds stands packed together in a huge phalanx till the king of the graylegs starts the flight. As the old leader ascends a hundred thousand voices salute him, but none stir till from overhead he gives the call for his subjects to follow him.

Some fifty birds rise in the air and follow him, and as they go gradually assume the wedge-like formation, with three single birds in a string at the apex of the triangle, and in a few minutes are out of sight. When they have been fairly started the king returns, and after a few minutes rest he rises into the air again, and the same process is gone through before he leads off another batch.

Again and again he returns until all are gone but 300 old veterans, which rise to meet him in the air as he flies back to them. Then, with their sovereign at their head, these also wing their way toward the pole not to return until the following October.

MEASURING DEPTH OF AIR

Atmospheric Envelope of Earth Determined by Interesting Scientific Observation.

One hundred and 31 miles is the height of the atmosphere as measured by Prof. T. J. J. See, who determines the thickness of the air envelope by noting the difference between the time of sunset and the complete disappearance of blue from the sky. The moment at which the blue changes into black can be observed quite easily with approximate certainty by the naked eye when the air is clear; and by trigonometry may be ascertained the distance below the horizon of the sun at the moment of change. By this means may be calculated the height of the smallest illuminated particles of oxygen and nitrogen which give to the sky its blueness of tint by the reflection of the smallest wave lengths of the sun's light. The instant of change from blue to black is possibly a little difficult of exact observation, but the method is not more doubtful than that based in the observation of shooting stars. The shooting star method gives a result not greatly differing from the vanishing blue method. The former gives the height of the atmosphere at 109 miles.

4 Trains a Day
Between
Chicago, Indianapolis
and Cincinnati
VIA
MONON ROUTE
Louisville, New Albany & Chicago Rr. Co.
Finest Pullman Equipment, Including Compartment Cars,
Incomparable Dining-Car Service.
The "LIMITED," A NEW TRAIN, leaving Chicago at 11:20 p. m., arriving Cincinnati 7:35 a. m., and leaving Cincinnati 11:25 p. m., arriving Chicago 7:40 a. m., is an especially popular train. Carries Indianapolis layover sleeper.
Chas. H. Rockwell, Traffic Manager.
Frank J. Reed, Gen. Pass. Agent

THE
SUNSET ROUTE
OCEAN to OCEAN
Offers the Best
Fast Trains, Latest Dining, Sleeping and Observation Cars
Between
New Orleans and California, Daily
Through Louisiana, Texas, New Mexico and Arizona, and
will carry you over the
Road of a Thousand Wonders
that you read so much and hear so much about
from the press and the people. Oil burning locomotives all the way; no smoke, no cinders. For beautiful illustrated literature and other information, see nearest Sunset Ticket Agent

HEALTH AND VITALITY
DR. MOTT'S
NERVINE PILLS
The great tonic and restorative for men and women, produces strength and vitality, builds up the system and renews the normal vitality of the body. Sold by Druggists and Grocers. For sale by mail, 50c per box, 3 boxes for \$1.50. Dr. J. C. Mott & Co., Cleveland, O.

THE NEWS'
SOUVENIR ALBUM
Will Portray Ada and Ada Country
in Beautiful Half Tone Pictures
Made From : : :
Actual Photographs
There will be Nearly 150 Views and
no Expense is being spared in Compiling the Work : : :
See Us About It

LOCAL NEWS

W. W. Higgins is in Oklahoma City. Joel Terrell went to Paris, Texas, today.

Cupid flour at No. 17. Guaranteed the best. 95-tf

Chas. Byars of Oklahoma City, is in town.

Judge C. A. Galbraith went to Ardmore today.

W. D. Cardwell went Oklahoma City today.

Mrs. W. N. Walpool and son Oscar went to Roff today.

Walsh handles the White Swan canned goods. Phone 17. 95-tf

V. V. Harris and Judge Hyde of Konawa were in the city today.

Remember the day the Bloomer Girls play! -1t

The press speak in the highest terms of the Boston Bloomer Base Ball girls. -1t

M. L. Walsh will furnish you with the White Swan brand. Phone 17. 95-tf

J. T. Essmon went to Ft. Worth today to purchase repairs for his well drill.

Mrs. Foster and daughter Pearl, and Misses Ada and Bessie Warren are in Roff today.

Get a clean shave at Tipton's new barber shop and go to the tabernacle. 101-St

An aggregation of the world's greatest athletes. "The Boston Bloomer Base Ball Club." -1t

Mrs. H. C. Thompson and children, Ben and Emma, left today for an extended visit in Longview, Texas.

Miss Florence Allen has returned from a six weeks visit with friends in Denton and other Texas points.

Miss Mildred Marrow, of Oklahoma City, who has been visiting Mrs. Gus Kline and family, left today for Sulphur.

Lost! A small purse containing some change and a gold cross and chain. Return to S. M. Torbett and receive reward. 102 -3t

Gen. Brant Kirk, Commander of the Oklahoma Sons of Veterans, of Oklahoma City, came in today enroute to the reunion at Roff.

Ladies can attend the Boston Bloomer game without any fear of being offended, as nothing will be tolerated that would shock the most fastidious. -1t

Lem Mitchel, T. D. McKeown and Jno. P. Crawford attended the picnic at Jesse Thursday. Mr. McKeown delivered an address and J. P. Crawford and Mitchel ate everything they could get their hands on. They report a very pleasant day.

W. J. Bumpers and family have moved to Ada from Bebee and will reside in the Dr. Ligon home in Snrriase, which property he has purchased. He has accepted a position with M. L. Walsh and will begin work August 1. Mr. Bumpers was one of Bebee's most influential citizens and most certainly Ada is glad to welcome him and his estimable family.

Our base ball team will play an exhibition game with the Boston Bloomers on Tuesday, July 24. The Bloomer Girls do not expect to draw crowds entirely on account of the novelty of being lady base ball players, but really put up a very creditable game. They travel in a private palace car and carry a canvas fence 14 feet high and 1200 ft. long for enclosing the grounds, a canopy covered grand stand with a capacity of 2000, and everything necessary to give a first class exhibition. They have toured every state, also Canada, and have everywhere received good notices from the press, not only for their good base ball playing, but also for their ladylike behavior. -1t

THE EVILS OF CONSTIPATION.

Everyone Knows When He is Constipated and Everyone Should Know the Risk He is Running When He Fails to Promptly Correct it.

Any Disease Epidemic or Otherwise to Which He or She May be Exposed is Sure to Result Seriously.

There are two ways to remove constipation; the wrong way is to drench the bowels with a powerful, gripping, drastic cathartic that injures the coating of the bowel channels and produces an early return of the trouble in a more chronic form. The right way is to use a natural, easy and mild laxative that tones up and strengthens the bowels and leaves a healthful influence behind it. Prickly Ash Bitters will empty the bowels just as thoroughly as the harsher cathartics, and combines all the tonic and strengthening properties necessary to permanently cure the habit.

Accept no substitute. Insist on having the genuine Prickly Ash Bitters with the large figure 8 in red on the front label.

Sold Everywhere. Price \$1.00.

Do You Need Shoes?

If you want a pair of Shoes that combine style, elegance and individuality with the best leather and excellent workmanship, why not try ours? You will be satisfied with your selection. The latest correct styles for men, women and children

CHAPMAN
The Shoe Man.

BRYAN COMING.

Great Commemor to Visit Territories in October.

South McAlester, I. T., July 20. It has been definitely settled that William J. Bryan will visit this city early in October. He will come into the Indian country on the north and will make stops at all of the larger towns, such as Muskogee. The day will be a gala one for greater McAlester.

From McAlester Mr. Bryan will go to Ardmore, where a monster meeting of the Chickasaw Democrats will be held, after which he will proceed to Oklahoma City. The exact itinerary of Bryan has not been completed, but he will not depart much from the plan of travel as outlined above.

Joel Terrell Writes.

The Republicans of the 16th Recording District met here today. I attended the odoriferous wigwag during the closing hours of the convention. They had a large attendance, some of whom were white. I saw white men who had in days past been Democrats, but who change with each national administration, closely seated by the con. A large tub of contaminated water sat near the door; used, not as holy water but to quench the thirst of the motley members of the convention. I saw some of the citizens of our town walk up and stand in line and drink after the negroes who were there. I understood that an executive session was intended, but as the stench from their brothers in black was so noticeable the doors could not be closed and the coveted executive session could not be had where the vilest schemes of Republican depravity and rot could be promulgated.

The Ada band was in attendance and I told the boys that if they would play Dixie I would treat them, and they played that Southern air. The guilty pelf hunting, once Democrats (in name only) hung their heads; evidencing the remorse of conscience that they once had. If such a flock of people should by their gerrymandering methods, come into power in this country liberty would take her flight and anarchy and caprice would reign supreme. Joel Terrell.

Ada, I. T., July 19, 1906.

Hobson Predicts.

South McAlester, I. T., July 20. Capt. Richmond P. Hobson, who lectured at the Chataqua last night, says that in the next election it will be Bryan vs. Roosevelt, with John Sharp Williams or a man like Gov. Folk as his running mate. Hobson also announced his willingness to put himself at the service of the new state Democratic Central Committee for the campaign in Oklahoma.

If his arrangements do not miscarry he would like to come to Indian Territory in the early part of October.

\$200 Fine Now.

Hereafter the "opened by mistake" excuse will be a mistake that will cost \$200. The postoffice department has ruled that mail must be looked over before leaving the office, and that any letter put in your box by mistake must be returned before leaving the postoffice, under a penalty of \$200 for failure to do so.

The Choir.

The Chorus Choir is becoming an important feature of the Oliver meeting. Mr. Martin is working faithfully conducting a rehearsal after each service in the evening. There are two pianos and a violin which together with scores of voices furnish some stirring songs. If you ever sing join the Choir.

To Roff.

The following Adalites went to Roff to attend the Reunion today: G. W. Cox, Mrs. L. E. Mitchel and daughter Miss Bonnie, Mrs. C. McKinney and children, M. E. Donaghy and family, Vicar Adair, Arthur Bailey, Sid Tolbert, Clyde Bailey, Owen Kyle, Mrs. A. E. Kyle and Otis Weaver.

Five room house to rent on 16th street. \$9. per month. H. C. Thompson, over Ada Nat'l Bank 100-4t

Cupid flour, best on earth at Walsh's No. 17. 95-tf

Republicans Adjourn.

The District convention of Republicans completed its deliberations Thursday afternoon and adjourned. Resolutions of the customary character were reported and adopted. These documents were misplaced and could not be located today. When found they will probably be published in the News.

Notice.

All members of the Woodmen circle are requested to meet at the Hall Monday evening at 2.30 for the purpose of electing a clerk. Guardian and Clerk 102-2t

If you want the White Swan canned goods, phone us. M. L. Walsh. 95-tf

WANTED to loan on city property. Ada Savings & Loan Co. Apply to E. W. Hardin, Sec'y. 100-3t

24 Out of 25.

Pocahontas, Ark., Feb. 17, 1905. "Ship 6 gross Dr. Mendenhall's Chill and Fever Cure. I have been selling your Chill Cure for seven years and find that 24 out of 25 who once use it will have no other. W. H. Skinner, druggist." Sold by G. M. Ramsey, Drug Co.

Twenty Year Battle.

"I was a loser in a twenty year battle with chronic piles and malignant sores, until I tried Bucklen's Arnica Salve; which turned the tide, by curing both, till not a trace remains," writes A. M. Bruce, of Farmville, Va. Best for old Ulcers, Cuts, Burns and Wounds. 25c at G. M. Ramsey & Dr. F. Z. Holley, druggists.

A Tragio Finish.

A watchman's neglect permitted a leak in the Great North Sea dyke, which a child's finger could have stopped, to become a ruinous break, devastating an entire province of Holland. In like manner Kenneth Mciver, of Vanceboro, Me., permitted a little cold to go unnoticed until a tragic finish was only averted by Dr. King's New Discovery. He writes: "Three doctors gave me up to die of lung inflammation, caused by a neglected cold; but Dr. King's New Discovery saved my life." Guaranteed best cough and cold cure at G. M. Ramsey & Dr. F. Z. Holley, druggists. 50c and \$1.00; Trial bottle free.

The Dodging Period

of a woman's life is the name often given to "change of life." Young women come at long intervals, and grow scarier until they stop. The change lasts three or four years, and causes much pain and suffering, which can, however, be cured, by taking


WINE OF CARDUI

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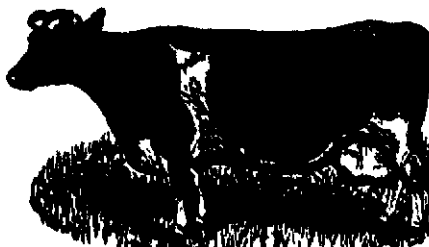
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ON KEEPING A DIARY

THE PROS AND CONS OF THIS ANNUAL SUBJECT.

Should the New Year Be Signaled by Starting One?—Reasons For and Against—Extracts from a Girl's Diary That Is Worth While.

BY KATE LUSON CLARK.

(Copyright, 1901, by Joseph H. Bowles.)

In certain families, whenever the New Year comes around, awful decisions are experienced by several members regarding the keeping of a diary.

One of the elders always says: "Don't do it. It is time wasted, and one has to keep it on his mind all the time, and yet you forget it every week or two, and then you try to remember and write it up to date, which leads to all sorts of mistakes and misstatements and it never will do you any good, at best."

One member is fond of quoting what Mrs. Whitney says in one of her stories about a book which has been made of the diary of a famous woman: "How did she ever have time to have anything happen, when she was doing such monstrous days' work in writing it down?"

"That is it," she says positively. "Put yourself in the way of events. The more you shut yourself away when it isn't necessary, the less time there is for things to happen."

Another, who has faithfully kept a diary for many years and has therefore acquired a diary habit which it would be hard to break says: "Don't fail to commence a diary each year. It is the only adequate way of keeping track of your life. Read parts of it over from time to time and you can see how your scheme of existence is working out. You are either progressing, or you are retrograding. Nobody remains stationary for a single day. If you are candid, your diary, with the suggestions which come to you as you recall the happenings it records, is a measure for you. You need not be introspective. You need not be wordy. Just put down a brief chronicle of each day's events."

The pleader for "more room for the actual" says that the diary is the graveyard of the imagination.

"The constant narration of the insignificant commonplace must have an important influence on the mind," she argues. "If you will make your diary a record of your thoughts—only writing when you have had a vision or some uplift, or some great moral impetus—that would be worth while. But as for putting down 'Got up, took my bath, dressed, went to school, had a walk, studied, went to bed,' with trifling variations from day to day, how utterly stupid!"

Now all that sounds rather "smart." One reflects: "There is really something in it."

And after hearing both sides, the young people are more puzzled than ever. One decides that at least diaries are not fashionable, and being a devotee of le bon ton, that disposes of the subject for her. Another is lazy, and a diary is far too much trouble. A third, having known personally of a law-suit in which an old diary settled a matter of life and death, and having been led by this fact to investigate the subject finding many similar arguments in its favor buys a page-a-day volume and puts down a sketch of each day's doings.

A certain girl has perhaps the best diary scheme of all. Her book is only an ordinary square blank book. There is nothing cut-and-dried about it. She writes nothing in it except what is sure to be interesting. Her own personal feelings and personal views are rigidly excluded, but whatever has happened which is really interesting, she puts down in a more or less literary form.

Here are a few of the clever sayings of the children who visit in the family. Does she go to a dinner? Here are the anecdotes which were told there. Was there a distinguished man or woman present? Here is a full account of his or her dress and appearance and conversation. Has there been a spicy discussion in the family? Here are the arguments pro and con, put down with as much humor as the writer can command.

A special stress has been laid in this "diary," if this name is permissible, on stories of animals. Every pet bird or cat or dog which has shown any brightness, in the home or among the neighbors, is described in full. As there are many cameras among the friends, illustrations are creeping into the book.

Here is a specimen page of this girl's record. She is of high-school age only, and it will be seen that she is giving herself, without knowing it, a pretty good training for future "authorship."

"September 10. Little Evelyn, three years old, made us a visit this afternoon with her mother. She dropped a book making a great noise. She apologized in confusion, saying: 'I didn't do it, mamma. It dived itself.' We passed some fudge which we girls had just been making. Evelyn asked her mother: 'Can I have much?' She said: 'So much,' and gave her one piece. Evelyn looked cruelly disappointed and asked, with a quivering lip: 'Can't I have a little mucher than that?' We showed her a picture of father when he was a baby. She asked: 'Why, was Mr. Smith a baby once?' 'Yes.' 'Were you a baby once?' 'Yes, everybody was a baby once.' Evelyn looked perfectly bewildered. After a moment's thought, she asked: 'Who got the brekkis (breakfast) then?' Her mother keeps no servant."

"September 15. Our class in literature have just been learning Mrs. Browning's 'Bertha in the Lane.' We decided that it was all right to call it a classic, and that it has a lot of 'feeling' and some fine lines. But we thought it was pretty bad to rhyme 'aloo' with

'off' and 'afraid' with 'bed.' We had a great talk about what made poetry, because most of the great poems break all the rules, and the greatest poets write so much that is silly and dull. We are going to read a lot of essays about it."

"September 20. It is getting cold enough to have the open fire. Last night the Hells came over, and it seemed like old times to hear them talk. As Agnes Todd's engagement has just been broken, that was one of the chief things we talked about. Nobody knows just why it happened, but we all agreed that it was foolish to make such a fuss as most people do over an engagement. Mr. Bell said he could think of four engagements in town within the last few years which had been announced with a flourish of trumpets, and been celebrated with presents and parties on all sides, and then a little later, they had been declared 'off.' Every one of us had made Agnes Todd a nice present. We are all trying to decide what we will do, as there are two Bell girls and four of us sisters. If you don't announce your engagement, you don't get any presents. I have put it down here, because we want to be sure to talk it over again."

It can be seen that this young lady's method of chronicling events has literary and amusing features which are lacking in the ordinary old-fashioned diary. In the right hands, such a "commonplace book" might be developed into a joy forever.

INDIANS OBSERVE THE DAY.

Moquis Celebrated Christmas Long Before Columbus Came to Discover America.

In the course of studies of Christmas observances in America attaches of the government bureau of ethnology have discovered that the festival was known to and strictly observed by the Moqui Indians long before Columbus discovered the continent. What is more, they pursue the practice even to the present day and there is much merry mummery at or about December 25, with exchange of gifts and masquerading by persons who are got up in picturesque costumes to represent supernatural beings.

The St. Nicholas of the Moqui, however, is the sun god, and their festival is to celebrate his commencing return northward from the land of shadows that is supposed to be located in the far south. On the top of the highest building in the town the priest of the sun stands and looks away 100 miles to the southwest, where the great San Francisco mountain uplifts its rocky mass out of the desert. One end of the mountain is prolonged to the Eldon mesa by a series of foothills, and between the end of the mesa and the second series of hills there is a peculiar notch. In this notch is supposed to be the sun house—the place where the sun god has his home.

When the solar orb sinks at nightfall into that notch it has reached its most distant point on the horizon, and the 21st day of December has arrived. Formal notice of the fact is given by the sun priest, and an announcement is made of a general rejoicing. Various divinities, dressed in strange costumes, will appear in the town and the occasion will be signified by a mystery play symbolizing the struggle of the sun against the powerful devils which try to keep him back and prevent him from returning to the north.

The sun god has a number of dangerous enemies—hostile deities, among whom the most powerful is the great plumed snake. This serpent divinity is of ancient Aztec origin, and was worshipped all over Mexico and Central America in prehistoric times. He was very troublesome in those days, it appears, and on one occasion brought about a deluge which flooded the valley in which the ancestors of the Moqui dwelt. At length he was appeased by the sacrifice of the son and daughter of the chief of the town, but afterward he afflicted the people in other ways, so that they were obliged to migrate northward to Arizona. And even yet they are compelled to perform elaborate annual rites to appease him.

Curious Indian Custom.

Many strange Indian tribes live around Hudson bay. The Cree and Nas-coppe Indians are among these tribes, who have a peculiar custom in regard to their dead. As soon as one of their number is dead, the surviving relatives place the dead man in a box, which they beg from the Hudson Bay company. The size is of no account. In this box is placed, with a loaded gun, a powder horn, a tobacco pouch, a flint stone for striking fire, the snow shoes for travel and an ax. This box is then carried to the top of the nearest hill and set there with stones upon the top of it. For ten days it is left undisturbed, and then the relatives remove the gun and other valuables, believing that by that time the dead one has reached the happy hunting grounds and has no further use for them.

China's Empress.

The dowager empress of China is only a secondary wife in the household of her husband, who died 40 years ago, but her individuality is so powerful that she became without any trouble the head of the imperial household. Her subjects are almost as numerous as all the people in Europe.

No Presents.

The emperor and empress of Germany have let it be understood that they will not receive presents of any kind on the twenty-fifth anniversary of their wedding, which will occur next year. Contributions of money are to be accepted and will be devoted to charitable purposes.

Inquisitive.

Wilfred—Everybody is talking about Christmas Eve now, ain't they, ma? Mamma—Yes, my dear; what of it? Wilfred—Where does Christmas Adam come in?—N. Y. Times.

The Principle and Practice of Health

By EDWARD B. WARMAN
(Author "Scientific Physical Training," Former Editor Health Department Ladies' Home Journal.)

(Copyright, 1901, by E. B. Warman.)

Deep Breathing Essential to Health—Most People Too Lazy to Breathe—Heart Failure Often Due to Overloaded Stomach—Fill the Lungs More, the Stomach Less—Those with Weak Hearts Should Avoid Running—To Hold the Breath Is Injurious—Don't Breathe Through the Mouth.

We may live days without food, hours without water, but only a few moments without air. When God made man, the finishing touch was "The Breath of Life." When man "shuffles off this mortal coil," the last thing he gives up is breath. Therefore, breath is paramount. Yet, strange as it may seem, all the way from the cradle to the grave, there is no one thing on which man so economizes as on this freest of all free gifts—fresh air. It is shut out from the home, the office, the workshop, the church, the school, the theater, etc., as though it were a veritable foe.

Deep, full, diaphragmatic breathing is essential for health. The upper-chest should be raised and fixed muscularly; that is, wholly independent of the breathing. The diaphragm is one of the strongest muscles of the body, extending through the body from side to side (attached to the lower ribs) and from front to back (attached to the sternum—breastbone—in front, and along the sides of the lower part of the spinal column in the back). It arches in the center and separates the cavity of the chest from that of the abdomen. It forms, as it were, a floor for the lungs and a roof to the abdomen—the heart and lungs above; the liver, stomach, etc., beneath. Correct breathing means a strong action of the waist muscles (front, sides and back) at, not below, the waist line. So-called abdominal breathing (moving the lower walls of the abdomen) is not abdominal but abominable, and often results in injury. If you wish to secure correct abdominal breathing, lie flat upon your back, place a heavy book, or other object (or have some one sit upon you) about over the pit of the stomach. Breathe slowly and deeply enough to raise the object while the upper-chest, if in correct position, remains immovable.

Deep Breathing Essential to Health.

Full use of the lungs always means strength. Throughout the brute creation, from the mouse which breathes 150 times a minute, to the elephant which breathes only six times a minute, one rule holds good: the larger and stronger the animal, the more slowly and deeply it breathes.

The same applies with equal force to man. The greatest men of all times and countries—Napoleon, Luther, Cromwell, Webster, Gladstone, these and many more were big-chested, deep-breathing men. The great statesman, Bismarck; the great preachers, Beecher, Brooks, Spurgeon, etc.; the great actors, Salvini, Forrest, McCullough, etc.; the great pugilists, Sullivan, Jeffries, etc.; these are but types of men with one thing in common—the fully developed chest and lungs with the resultant vitality.

The Great Blood Purifier.

Consider for a moment, the fact that the blood makes the entire circuit of the body about three times every minute, leaving the heart a pure and returning almost black with its load of impurities, and then passed on again through the lungs for the purpose of purification. How essential, then, that the lungs should receive their full medium of pure air.

When you inhale, the heart contracts and forces out the blood; when you exhale, the heart expands and receives the blood. Therefore, deep, full breathing in the open air is the greatest blood purifier in the world, for we are drawing upon the great universal reservoir of life. But do not delude yourself with the idea that merely being in the fresh air will suffice. Some men are in the fresh air all day, but never take a deep inhalation unless the nature of the work is such as to compel them to do so.

Any movement that we perform that requires more than the customary muscular action calls, of course, for more blood. The blood is the food of the muscles. Inasmuch as the amount of blood in the body is more or less limited, this extra quantity can be supplied only by passing more of it through the muscles in an equal time. Therefore the heart must beat more quickly; but the rapid flow of blood occurs all over the body and, naturally, the lungs participate in it. It will be seen that if the blood-flow through the lungs is increased, the air supply must also be increased if the blood is to be purified. To secure this, the amount of air entering the lungs must be augmented which can be accomplished only by fuller breathing.

Breathing Exercises.

As a rule, I do not believe in them—as exercises—except for an invalid. If you are able-bodied (especially able-bodied), instead of "standing up" or "sitting down" and "going through" a series of exercises, "were far better to walk briskly or take some form of vigorous exercise that will compel the breathing to "go through" you. Increased respiration, not forced, is the aim; for forced respiration (as in regular breathing exercises) defeats

the very object it seeks to attain. Without increase in the circulation of the blood, the overdistended air cells occlude the blood vessels and force the blood back so the oxygen cannot reach it and the imprisoned gas cannot escape. This causes the dizziness which results from forced respiration. The desired end is obtained when both air and blood circulate freely in and through the lungs. This, as I have said, is best accomplished through some vigorous action.

But the majority of people are too lazy to breathe; too lazy to take the kind of exercise that requires the deep, full inhalations. They get along with just as little air as possible, go blocks out of the way to avoid climbing a hill and, in so doing, never experience the exhilarating influence and buoyancy of diaphragmatic breathing. If they do manage to run a short distance, for a street car, they blow and wheeze like a wind-broken horse.

Heart Failure.

There's many a case of so-called heart failure that is nothing more than an over-loaded, distended stomach crowding upon and thus interfering with the functions of the heart. My advice is—fill the lungs more and the stomach less.

Is your heart weak? If so, seek the cause, but do not let up in exercise. If you do not exercise your lungs they will weaken by insufficient use; if you do not exercise your stomach but, instead, ignore its functions by forcing predigested food upon the poor, helpless thing, it may fail you when you most need it; if you do not exercise your muscles they will atrophy by non-use. Your heart is a muscle. It needs a certain amount of exercise to increase its strength. It is a hard working organ. The only rest it ever gets all through life is the trifling interval between two heart beats.

I would suggest that your work be vigorous, not violent. Take a brisk walk (preferably on an empty stomach—your own). Increase the rate of speed compatible with safety. Each beat sends the blood through the vessels at a higher pressure. A heart which is strong and healthy responds not by beating still faster but by contracting more powerfully. If you begin to get short of breath, slacken your pace without actually stopping, and you will perceptibly feel that a balance has been struck. You will find the hill-climbing a blessing instead of a curse—if you use judgment and keep your mouth shut. You can soon get so that you can occasionally indulge in a dog-trot for a short distance. All forms of running, however, require a strong heart. Mountaineering makes the largest demand upon the nervous system; rowing, upon the respiratory organs; cycling, upon the circulatory organs; running makes a demand upon all of these and especially the heart.

While walking, running, or otherwise exercising avoid holding the breath unduly. It is decidedly detrimental so to do. Learn to control your diaphragm and you will have no difficulty to govern your breathing and cause it to be rhythmical instead of spasmodic.

To hold your breath when exercising is to let your muscles tear down at a rapid rate. The carbon dioxide accumulates very fast in the muscles and if you shut off the supply of blood or impoverish it, particularly during vigorous exercise, it is surely a tearing down process; whereas, if you breathe continuously and rhythmically, fresh blood flows to the parts exercised.

The lack of usual supply of oxygen leads to a stimulation of the cardio-inhibitory center of the medulla and thus, through the pneumogastric nerve, slows the heart beat. The real danger, therefore, in holding the breath too long (so long as to cause a deep, gasping inhalation to follow) is the overworking of the valves of the heart when the rush of blood follows the temporary cessation of breathing.

Another reason for diaphragmatic breathing during vigorous exercise is because of the beneficial effect upon the liver. The movements of the diaphragm facilitate the flow of blood through the liver brought to it by the valveless portal vein. A deep inspiration sucks the blood into the liver while the expiration expels it with a jet. Therefore, liver indigestion, due to an imperfect supply of oxygen, is thus benefited by the deep, full breathing caused by vigorous exercise.

Mouth Breathing.

It was a Roman satirist who wrote: "He who breathes through his mouth takes into his lungs more of death than of life." The saying is as true to-day as it was in the day of the Caesars.

A dog breathes through his mouth, but he holds a license from nature. The innumerable pores of his tongue serve the same office for him in respiration as do the pores of the skin for us.

A mouth-breather is always a shallow breather, using only the upper lobe of his lungs. I have long contemplated writing a book of 365 pages (one for each day of the year) and on every page I would give a practical lesson on hygiene. That lesson would consist of just three words and those three words would be the same on every page—SHUT YOUR MOUTH.

How much of evil effects, physically, would be avoided by heeding this advice. And what a world of sorrow would be saved if we would keep the mouth shut—when angry.

Do not breathe through your mouth even at night, when asleep, if you wish to preserve the teeth. If you cannot keep it shut in any other way, do as the Indians with their papooses—tie it shut.

When you go from a warm room to an atmosphere less warm be sure to keep the mouth closed to prevent the cool or cold air going directly to the lungs and thereby causing congestion.

A READING COURSE

HOW TO PLAN ONE THAT IS PROFITABLE.

A Timely Topics Course—The Age of Elizabeth Offers Interesting Field—Biography the Best Medium for History—To Understand the Present, We Must Know the Past—Devoted Study of a Single Author Enlarges One's Vocabulary—Talk Over What Has Been Read.

BY MARGARET E. SANGSTER.

(Copyright, 1901, by Joseph H. Bowles.)

It is perfectly possible to spend as much valuable time in planning what you are going to read or study, that the time will all slip away, without your getting any actual results. The temptation to a book lover to skirt along the edges of literature, culling here a fruit and there a flower, is very insidious.

If you visit a library, its very wealth augments your difficulty. You stand irresolute among the infinite intellectual riches of many lands and ages. You want to grasp so much that, like the child who comes home from a daisy field with empty hands, having dropped her flowers by the wayside, you have nothing to show for your longing and your labors at the end of the season.

I assume that my reader desires to read for profit. First, this being the case, he must decide on the department that shall enlist his time and thought.

At present the far east presents an inviting avenue for exploration and discovery. During many months the world has been standing agape while Russia and Japan at a prodigious expense of human life and a lavish outlay of treasure, have stubbornly fought for dominion. As Kipling sings, so have we seen it proved:

"O East is East and West is West,
And never the twain shall meet,
Till earth and sky stand presently
At God's great Judgment-seat."

They have met in battle with the hurrying shock of mighty seas, and the end is not yet. It behooves those who would read the signs of the times clearly and know the world history, that is making day by day in our sight, to read about Russia, and to read about Japan. The long history of each nation starting from a remote and shadowy past, can be found on the shelves of any public library, and current literature shows a crop of recent volumes giving the modern point of view of each nation, both from within and from without.

You cannot put your winter evenings to better use than to spend them by the lamp, in the Sunrise Kingdom, or in the strange medieval Russia, that is an anachronism in Europe in 1905.

Historical Reading.

But if you wish to sail on another tack, trim your course accordingly. Perhaps the England of Queen Elizabeth has loomed before you like an enchanted land. The Elizabethan period is so full of contrasts with our own; it is so pregnant with issues that have since brought forth great triumphs in later days; it has so vast a gallery of heroic figures, that it cannot be exhausted by one student in one season.

Historic periods are really best studied by groups, who meet in clubs and circles, one set of students taking up one phase and another selecting an opposite, or a harmonious aspect of the wonderful reign and realm. The maiden queen who held the scepter and the center of the stage so long and so brilliantly was the daughter of Henry VIII. and the ill-fated Anne Boleyn. What did she derive from her ancestry? In what did she, a Protestant, differ when it came down to the sheer womanly quality of her character, from her sister, the Catholic Mary, whose mother was Katherine of Aragon? Just here you will probably wish to read Shakespeare's Henry VIII. Froude's pages will set the unseen scene of those thrilling times vividly before you. You will not fail to read the wonderful story of Mary, Queen of Scots, that daughter of France who ruled rough Scottish nobles and peasants, who was more loved and more loathed than any other woman in history, whose long imprisonment and cruel death were tragic beyond words, and whose beauty is as that of Helen of Troy in the world's belief to this day.

You will find history, science, essays and poetry arranging themselves around the personality of Elizabeth.

In planning a course of reading, it is usually best to get hold of some strong human interest. This lends a touch of verity to science, and forms a starting-point in political economy, and in inventions and discoveries.

In reading of a man and his times, note dates and places, and fix them firmly in the memory by writing them down. Biography is the most illuminating medium in which to read history.

The whole story of the civil war is told in the memoirs of the great soldiers who fought so bravely on either side. Grant, Lee, Jackson, Burnside, Meade.

Their annals are the annals of the conflict. So it is with the great naval commanders. So, in reading the lives of Lincoln, Jefferson and Washington you read the brilliant story of our grand republic. Most people enjoy reading about real men and real events and real episodes, as they are inwoven with stirring and thrilling periods of the past. We cannot understand the present unless we have some familiarity with the past, out of which the present has grown.

I would suggest, however, taking a

single author, and steeping the mind with his works. Have a Stevenson winter, for example, or a Carlyle winter. For Robert Louis Stevenson, in whom there is so much variety, versatility and "deep-veined humanity," a winter is not too much. He is the modern successor of Sir Walter Scott, and the predecessor of the writers of romance who have lately been prominent. The novels of wild adventure, and hair-breadth escapes and desperate dare-devil recklessness, that have partially illustrated authentic history, owe their inception to Stevenson, who set the pace.

Read "Kidnapped" and "David Balfour" first; then read "Prince Otto," "The Story of Dr. Jekyll and Mr. Hyde," "Treasure Island," and so on. Read the wonderful stories of travel and the subtly fine essays and criticisms, and, last of all, inverting the order in this case, read Stevenson's own brave life, as told in his biography.

You will find your horizon broadened, your imagination fired, your vocabulary enlarged by an absorbed and devoted study of a single author during a stated period. This, too, is a very good plan to pursue in family reading, for which the long evenings give opportunity. Let one read aloud, while the rest listen, and talk over what has been read before the spell of the story has passed away. Children gain much culture by this simple method.

LIGHT IS NOT NEEDED.

Scientists Say That the Sun's Effect on Man in Most Cases Is Bad.

Dr. Charles E. Woodruff has made an exceedingly interesting investigation of the effects of tropical light on white men. The origin of his investigation, says the Chicago Tribune, was an attempt to prove or disprove the theory that the skin pigmentation of man served to exclude the short or actinic rays of light, whose action is to destroy living protoplasm.

If this theory is true it will explain at once many anthropological riddles. We find in it a reason why white men, while capital colonizers in cold or temperate regions and sagacious administrators of tropical colonies, have failed when they attempted to colonize in hot countries; why blond types prevail in the cloudy, almost sunless regions of the north of Europe, brunette types in the dazzling light countries bordering on the Mediterranean, and the negro in Central Africa; and why the type is less blond than that of the countryman who has during a large portion of his outdoor life the protection of woodland and orchard.

Dr. Woodruff soon felt bound to admit that the sun is not the beneficent deity we thought him to be as we worshipped, but that he delights in sacrifices and slays ruthlessly those who trust him. It is hard to believe that man does not need light, and it is almost a shock to be made to realize that "the vast majority of land animals live in absolute darkness." Yet Dr. Woodruff leaves little reason to doubt his statements, or, besides the cogency of his reasoning from universally accepted facts, he fairly bristles with authorities whom he cites in support of his position.

ENGLISH FAMILY PRESTIGE.

Wealth Is No More Venerated in England Than It Is in America.

The greater and greatest nobles are established in a fear which, says the North American Review, is very like what the fear of God used to be when the common people feared Him; and, though they are potent political magnets, they mainly rule as the king himself does, through the secular reverence of those beneath them for their titles and the visible images of their state. They are wealthy men, of course, with so much substance that, when one now and then attempts to waste it, he can hardly do so; but their wealth alone would not establish them in the popular regard. His wealth does no such effect for Mr. Astor in England; and mere money, though it is much desired by all, is no more venerated in the person of its possessor than it is with us. It is ancestry, it is the long uncontested primacy of families first in their place, time out of mind, that lays its resistless hold upon the fancy and bows the spirit before it. By means of this comes the sovereign effect in the political as well as the social state; for, though the people vote into or out of power those who vote other people into or out of the administration, it is always—or so nearly always—that the exception proves the rule—family that rules, from the king down to the last attaché of the most unimportant embassy.

First MoHo Railway.

On the Coney Island meadows there still stands sections of the structure of the first single rail system built in this country, which was to convey holiday seekers to the seashore at the rate of a mile a minute. In Cheshunt, England, there are still standing some traces of a single track road which was built in 1825 and which was in use for a time. The principles upon which the road was built did not largely differ from the methods now being tried in various parts of Europe, and it is recorded that a single horse could draw seven loaded cars along the line. It is curious that in spite of the success of this pioneer line no great development should have been made since then.

No Sunday Cars.

Dundee is the only large town in Scotland which has no Sunday street car service. Some time ago a vote taken by the citizens resulted in a majority against running cars on Sunday.